

**More on the Third-Fourth of the Ten Commandments****By Fr. George Mastrantonis dment**<http://www.goarch.org/ourfaith/ourfaith7115>*"Remember the sabbath day, to keep it holy."*

*"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son nor thy daughter, thy man servant, nor thy maid servant, nor thy cattle. nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it." Ex. 20:8-11.*

The Fourth Commandment, to keep the Sabbath Day holy, does not suggest that the rest of the days of the week could be unholy. God wants the believers to obey His Commandments unceasingly without intervals in responsible life. The believers' deeds and thoughts should be godly in every respect, in work and play, in studies and worship, throughout the entire week, in order to be holy and worthy of the name of God. This commandment is given us to dedicate our lives, especially one whole day of the week, to the Lord; that is, to study more and more His message, to sacrifice a part of our money and pleasure, to help others in the name of Lord, to prepare ourselves for the commencement of the new week. It is a disappointing phenomenon that religious people use Saturday and Sunday for their pleasures and relaxation and for many other activities which make the days rather unholy.

On the other hand, this commandment often is misunderstood to mean that people should be motionless; on the contrary, the Sabbath Day should be set aside for active renovation of the inner world of man in prayer, confession and noble activities of good works for the benefit of one's neighbors and society at large. Our Lord Jesus Christ healed many people on the Sabbath (Luke 13:14), and gave a new interpretation to this commandment and encouraged Christians to follow in His footsteps. The Christian regards Sunday as the day of "rest", and named this day the Lord's Day because of His Resurrection, which began the restoration of moral order.



Entrance of the Theotokos  
to the Temple