

future state in glory, where we receive our rewards for our works done in Christ. Finally, sabbath is a foreshadow of the work and the rest of Christ. God worked powerfully in creation, then he rested on the seventh day, making it holy. Likewise, through Christ's resurrection, he hallowed the 8th day, and finishing the work of the redemption, he took his place of rest, seated at the right hand of the Father.

Discussion Questions

- Why is it significant that God, who does not need rest, chose to rest after creation?
- What are some ways that taking a day of rest each week helps us to remember and prepare for our future rest in God's presence?

Day 5 – Review Q&A and recite memory verse

Hebrew Chapters 3 and 4 tell us about the superiority of Christ's ministry over that of Moses. Moses typified Christ in his deliverance, intercessory and prophetic ministry, and is supposed to remind us of the power and grace that belong to God's Messiah. Moses led the people all the way to the borders of the promised land. But because of Moses's (and the people's) disobedience, Moses was only able to glimpse the land of promise from the top of a mountain. The writer of Hebrews tells us that even though Joshua led the next generation into the promised land, there is still a rest that awaits the believer. *So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience,* Hebrews 4:9-11. So the continual practice of sabbath should be a reminder of the rest we have in Christ. Christ has ceased from his works has entered God's rest. And it should also be for us a reminder that there waits for us an eternal rest. So, the author of Hebrews points to the sabbath as a reminder to the faithful in Christ to put off sin and to guard against an unbelieving heart. The fact that Israel failed to attain the rest of God is a sober reminder for us to put our faith in Christ, turn to him, our powerful Savior, and our only hope for entering the blessed state of God's eternal rest.

Discussion Questions

- How can we encourage one another "so that no one may fall by the same sort of disobedience" as the author of Hebrews warns?
- In what ways is Christ's ministry similar, but superior to that of Moses?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, November 17th, 2024)

Baptist Catechism Question #62

Q: What is the fourth commandment?

A: *The fourth commandment is, 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, nor thy man-servant, nor thy maid-servant, nor thy cattle, nor the 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.*

Suggested Memory Verse

Isaiah 66:23 *From new moon to new moon, and from Sabbath to Sabbath, all flesh shall come to worship before me, declares the Lord.*

Day 1 – Review Q&A and recite memory verse

In the beginning, before the fall of man, God placed Adam in the garden with work to do. God created man with the fitness for work, and the work was good. After the fall of man, work became more difficult, but it did not lose its goodness. The scripture is filled with examples of the blessing that comes from hard work. It creates plenty: *The soul of the diligent shall be made fat*, Proverbs 13:4, and it increases the enjoyment of rest: *The sleep of the laboring man is sweet*, Ecclesiastes 5:12. Our hard work can even create a blessing for successive generations: *A good man leaves an inheritance to his children's children*, Proverbs 13:22. Work is good, and work is necessary. But God also commands us to rest from our work. Overwork can be a sin. If we don't set aside one day a week for rest and for worship, then we are violating God's holy law. God gave us an example in his resting from the work of creation, so that we might learn to rest from our work. You might be tempted to believe you will fall behind if you aren't always working, but God wove the benefits of resting into the fabric of nature itself and exemplified this by resting on the seventh day.

Discussion Questions

- In today's busy culture, overwork is often seen as admirable or necessary. How can we resist the temptation to overwork and instead honor God's command for rest?
- What practical steps can you take to ensure that you set aside time each week for both rest and worship, not just on Sunday?

Day 2 – Review Q&A and recite memory verse

In day one of our catechism study, we looked at the blessings of work and need to break from our work and rest. God tells us we must rest from our labors one day in seven so that we may honor him. But what happens when we cast aside work completely rest all the time? Just as overwork is a sin, so too is idleness, so it must be avoided! Idleness is a sin because it is a squandering of one of God's most precious gifts to us, which is time. Idleness also brings about poverty. *A slack hand causes poverty*, Proverbs 10:4. Rather than spending time in gainful employment, an idler wastes the day away, depending others to provide their needs. Consider David, who fell headlong into sin through idleness. At the time of year kings go to fight against their enemies, David sent his commanders to battle while he stayed behind in Jerusalem. As he was strolling on the rooftop, he spotted a beautiful woman. Instead of doing the work he ought to be doing, he found himself doing what ought not to be done. Just as the bible extols the virtue of a hardworking man (and the virtues of a hardworking woman), it also warns of the manifold danger of idleness. Work hard at the job God has given you, and take joy in the day of rest the God has provided in the sabbath.

Discussion Questions

- How does staying engaged in meaningful work help protect us from distractions that could lead us away from God?
- What are some indicators in our lives that show we might be drifting into idleness?

Day 3 – Review Q&A and recite memory verse

Here are a few specific ways of thinking to help you in observing the sabbath: 1) Man must rest. For most of history, it's been the man's responsibility to be the bread winner. As the head of the house, he was responsible for the economic production of the household. He wasn't the only one who worked, but he was the primary person behind the economic engine. Today, most men and most women work outside the home. So that means both men and women should refrain from working on the Christian Sabbath. (More to come on this topic in the upcoming weeks). 2) Man's children must rest. The Sabbath applies to the family, not just the father. Men must take care not to assign work to his children that requires a breaking of the sabbath. As children get older and work outside the home, a father must also provide oversight to make sure his children are heeding this commandment. 3) Man's servants must rest. If you a business owner, make sure you allow your employees to enjoy the same day of rest that you do. Though a man doesn't have the same responsibility to ensure sabbath-keeping for employees, he ought to make sure they have the opportunity to keep the sabbath. 4) His animals must rest. Of course, most of us don't require animals to work on our behalf. Perhaps the general equity we can apply in our day is to try to plan ahead so that you avoid patronizing businesses on Sundays, whenever possible.

Discussion Questions

- What adjustments do you need to make in order to better honor the sabbath?
- Is there anything you can do to help your family enjoy the sabbath rest better?

Day 4 – Review Q&A and recite memory verse

Within the fourth commandment itself we are given a reason behind the commandment. We will have another catechism question and answer dedicated exclusively to this topic, however we can briefly touch on the chief reason given within the 4th commandment, which is God's rest. It should go without saying that God needs no rest. God's strength is sufficient for all tasks, even the mighty work of creation. Unlike man, God's strength is never diminished by the exertion of His power. So why did God rest? God's rest is an example to us, a sign to us, and a foreshadow of Christ. God's rest is an example for us in that we are to engage in a pattern of work and rest. Just as God worked and rested, we are to work and rest. Sabbath rest also foreshadows the "rest" for those who believe. Christ offers a rest that Moses and Joshua could not provide for the Israelites. Those who rebelled fell in the desert, and their children entered the promise land, led by Joshua. And even for the Christian there "still remains" a rest to enter into. So sabbath is a sign of our