

*reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.* Sing, hear God's Word preached, encourage one another, fellowship, and break bread. Together. Focus on these things, honor the Lord on the Sabbath and keep it holy.

#### Discussion Questions

- Do you tend to think of the Lord's Day in terms of what you can't do, or what you can do? Why do you think that is?
- What are some of your favorite things to do that honor God on the Lord's Day?

#### **Day 5 – Review Q&A and recite memory verse**

In our culture, few people give any thought to honoring the Sabbath. Most think of it as “my day” rather than “the Lord's Day.” Those who do recognize the Christian Sabbath will too often think of it as a burden: like sitting in timeout until the buzzer goes off so you can get back to what you wanted to do. But, the fourth commandment is not just a prohibition against work. In reality, the prohibition is a provision. What God requires in the fourth commandment is that we keep an entire day holy and set apart in fellowship with Him. The instructions to abstain from work are what make it possible for us to do that fully. It reminds me of a parent who prohibits cell phones at the dinner table. Why? So they can commune together as a family without distraction. In this commandment, God reminds us who He is, commands our worship, invites our fellowship, removes distractions like work, and provides for our needs as we are faithful to honor Him. It is a beautiful gift of a day. Let's receive it in the spirit it was given and learn how to love the Sabbath and keep it holy. *This is the day that the LORD has made; let us rejoice and be glad in it* (Psalm 118:24).

#### Discussion Questions

- Why do you think it is hard for us sometimes to devote an entire day to the Lord?
- If you can, share some ways keeping a Sabbath rest has been a blessing in your life.

# Baptist Catechism

## Family Worship Guide



### West Oaks Baptist Church

(in preparation for Sunday, November 24<sup>th</sup>, 2024)

#### Baptist Catechism Question #63

**Q:** What is required in the fourth commandment?

**A:** *The fourth commandment requireth the keeping holy to God one whole day in seven to be a Sabbath to Himself.*

#### Suggested Memory Verse

*Ezekiel 20:20 and keep my Sabbaths holy that they may be a sign between me and you, that you may know that I am the LORD your God.*

### Day 1 – Review Q&A and recite memory verse

Have you ever forgotten an important event, like someone's birthday? The 4th commandment in Exodus 20:8 begins by saying, "*Remember the Sabbath day.*" It is the only one of ten commandments that begins this way. Had the people been told this before? Had God already instituted Sabbaths? The answer is yes! Do you remember when God provided manna for the people in the wilderness? In Exodus 16:23 the LORD commanded, "*Tomorrow is a day of solemn rest, a holy Sabbath to the LORD; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.*" In fact, this command goes back all the way to creation. *And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation* (Genesis 2:2–3). The Sabbath is important, and so the fourth commandment begins with a call to *remember*. We are to take special notice of this day and keep it. That means we should put it on our calendars, mark the days until it's coming, prepare before it comes, actually keep it all day, think about it afterwards, talk about it and start the whole process over again. As much as any holiday, the Sabbath warrants special notice and remembrance.

#### Discussion Questions

- What do you usually do when you need to remember an important date?
- Does Sunday ever catch you by surprise after a busy week? What can you do to better remember the Sabbath and live in anticipation of the rest it brings?

### Day 2 – Review Q&A and recite memory verse

In the Gospels we learn that Jesus was killed on the "Day of preparation." Mark 15:42 *And when evening had come, since it was the day of Preparation, that is, the day before the Sabbath...* This day of preparation was the day everyone spent preparing food, gathering supplies, cleaning and doing related work so that when the Sabbath was upon them they could rest and enjoy it together. This pattern was established by God when He commanded the Israelites to gather extra manna on the day before the Sabbath so they would have enough to eat for both days. As New Testament Christians, we observe the Christian Sabbath on the first day of the week to celebrate Christ's victorious resurrection from the grave. But, Sabbath rest still benefits from preparation. What might this look like today? Be intentional. Perhaps prepare the clothes that you are going to wear the next day. Make sure they are washed, dried, ironed if needed. You could go ahead and gather supplies for the day into one place: your Bibles, notes, pencils and pens, and related items. Preparation day is a good time to plan what you will eat the next day. It is a good day to read the sermon passage and prepare your mind and heart for the worship gathering. It is also a good idea to go to bed early so that you are well rested for the Lord's day. To take special notice of the Sabbath means you should prepare for it.

#### Discussion Questions

- What kinds of things make it difficult for you to honor the Lord's Day fully?
- Are there things you could do on Saturday that would make it easier for you to truly rest on Sunday?

### Day 3 – Review Q&A and recite memory verse

This week's catechism refers to the Sabbath as "one whole day." The word "day" in Hebrew is "yom." It is used over 2300 times in the Old Testament, most often to refer to an actual 24-hour period. We see it first in Genesis 1:5 *God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.* This verse distinguishes between night-time and day-time, but notice it puts morning and evening together as one complete day. In the New Testament, we have an example of this 24-hour understanding of the word *day* applied to the Sabbath. Matthew 28:1 says, *Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb.* Some Christians have tried to argue that we only need to keep the Lord's day for the 12 daylight hours. Others have reduced the time devoted to spiritual things to the specific hours spent in church, eager to "get on with the rest of their day." We should not be looking for ways to short-cut the Lord's Day, or playing with the intended meaning of words so we can justify it. The Sabbath rest is a gift, and we ought to learn to love it and to enjoy it to the fullest. On Sunday evenings, let's honor the Lord's command and commit to give him our devoted hearts and minds for the whole day.

#### Discussion Questions

- Have you ever been eager to "get on with the rest of your day" after church on Sunday?
- What is wrong with this way of thinking? What does it say about your heart?
- How can you cultivate a love for the Lord's Day?

### Day 4 – Review Q&A and recite memory verse

What should the Sabbath look like? Scripture says we are to keep it holy. Ezekiel 20:20 *and keep my Sabbaths holy that they may be a sign between me and you, that you may know that I am the LORD your God.* Scripture reminds us many times that *the seventh day is a Sabbath of solemn rest, holy to the LORD* (Exodus 31:15). It is a good day to worship the Lord. Ezekiel 46:3 *The people of the land shall bow down at the entrance of that gate before the LORD on the Sabbaths and on the new moons.* Corporate worship is commanded in Hebrews 10:24 *And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.* It is a good day to spend in prayer. Philippians 4:6 *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* It is a good day to read our Bibles. 2 Timothy 3:16–17 *All Scripture is breathed out by God and profitable for teaching, for*