

with them again until a week later, the next Sunday. No longer did he gather with them on Saturday. Thomas had to wait a whole week to see Jesus after the resurrection because Jesus chose to meet with them on Sunday, the new Sabbath day.

#### Discussion Questions

- Why was Jesus able to change the Sabbath day after his resurrection?
- Why is it significant that we gather on the 1<sup>st</sup> day of the week to celebrate the Christian Sabbath?

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

Yesterday we started to look at how the Sabbath changed from the 7<sup>th</sup> day of the week to the 1<sup>st</sup>. This was instituted by Jesus at his resurrection by his example. Hebrews 4:10 tells us that Jesus rested from his works (of salvation) just like God did from his works in creation. Men were to follow God's example of rest on the 7<sup>th</sup> day in the Old Testament. Since the Resurrection, all men are now to follow Jesus' example of rest from his works on the 1<sup>st</sup> day of the week. The early church did this very thing. One of the most memorable meetings of the church was at Pentecost when the Holy Spirit fell on the believers and sparked the spread of the gospel. This famous meeting occurred on the 1<sup>st</sup> day of the week when the believers were gathered together. Acts 20:7 records the meeting of the church at Troas and notes that they met on the 1<sup>st</sup> day of the week. When Paul gives instructions for the Corinthian church to gather together offerings for the Jerusalem church he tells them to set it aside on the 1<sup>st</sup> day of the week. This is the day he expected them to be together. A survey of the New Testament shows an expectation that the church will gather on Sunday. The early church even had a special name for this Christian Sabbath. In Revelation 1:10 John calls this special day *The Lord's Day*.

#### Discussion Questions

- What do you typically call the 1<sup>st</sup> day of the week? Sunday? The Sabbath day? The Lord's day?
- Share with one another how you learned about the Lord's Day.

# Baptist Catechism

## Family Worship Guide



### West Oaks Baptist Church

(in preparation for Sunday, December 1<sup>st</sup>, 2024)

#### Baptist Catechism Question #64

**Q:** Which day of the seven hath God appointed to be the weekly Sabbath?

**A:** *Before the resurrection of Christ, God appointed the seventh day of the week to be the weekly Sabbath; and the first day of the week ever since, to continue to the end of the world, which is the Christian Sabbath.*

#### Suggested Memory Verse

*John 20:19 On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you."*

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

We all have rhythms to our lives. Our days follow patterns of eating and drinking, sleeping and working, rest and play. What sort of pattern, or schedule, does your family follow in a typical day? Your schedule likely shifts depending on the day, the season, or even the year. This rhythm of life is not something people made up. God created it in the very beginning. Genesis 1:14 *And God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years.* God created the day and night, and set the sun, moon, and stars in the sky to help us schedule our days and seasons of life. He did this to help us order our time to accomplish all that he would give us to do. After creating day and night, with the seasons, God then created a special rhythm for us to follow every week. Genesis 2:2-3 *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.* By His example God created a pattern of 6 days of work and 1 day of rest. This pattern was given by God as a gift for us that we continue to follow even today.

#### Discussion Questions

- What are some regular rhythms that your family follows in a typical day? In what ways are these rhythms a help and blessing to you?
- How important is the weekly pattern of 6 days of work with 1 day of rest in your life? Do you think the Sabbath is a blessing, or a burden?

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

Has anyone ever commented on how you look, talk, or act like your parents? We take on mannerisms, patterns of speech, and habits that we grow up watching. This is natural and how God designed us. The Bible tells us that we were also designed to grow into the pattern and likeness of our heavenly Father. We are to be like God. Genesis 1:26 *Then God said, "Let us make man in our image, after our likeness."* God's purpose in creating us was to make us bear His image, the imago Dei. A consequence of the imago Dei is that we are all expected to follow the example of God. We can see this in 1 Peter 1:15-16 *but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy."* This expectation that we should follow God's example is one of the primary reasons the Bible gives for why we should keep the Sabbath Day. Exodus 20:8-9,11 *"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work...For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.* Notice we are told to *remember* the Sabbath day. We were expected to do it even before the command was given. We are to keep the Sabbath because God kept the Sabbath.

#### Discussion Questions

- What are some things that your parents (or other mentors) did that you now do yourselves?
- Do you think people kept the Sabbath before God gave the 10 commandments at Sinai? Why or why not?

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

How important is it that we keep the Sabbath day? Yesterday we discussed how the requirement to keep the Sabbath started in the beginning when God kept the first Sabbath day rest. The Sabbath command was also included in the 10 Commandments, confirming its importance in the moral law of God. What about for Christians? Are we to continue to keep the Sabbath holy now? We will talk tomorrow about how the day was changed to the 1<sup>st</sup> day of the week. Before that, it is helpful to ask whether Jesus kept the Sabbath during his time on earth. We find in the gospels that Jesus did this very thing. Luke 4:16 *as was his custom, he went to the synagogue on the Sabbath day...* Jesus made it his custom to keep the 7<sup>th</sup> day holy by meeting with the people of God in the synagogue. This is where the Jews would gather together on the Sabbath for worship with reading of the Law, teaching, prayer, and singing. If Jesus thought it was important to keep the Sabbath by worshipping with God's people how could we ever decide it wasn't important? If you are a Christian, your goal in life is to grow to be more and more like Jesus. Look in the scriptures and learn to follow Jesus' example. If that is your aim, don't fall short of keeping the Sabbath holy just as Jesus did.

#### Discussion Questions

- What sort of things do the scriptures tell us Jesus did on the Sabbath? Did it seem important to Him?
- How does your value of the Sabbath day compare to Jesus' example?

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

As we study the 4<sup>th</sup> commandment, it is apparent that Christians keep the Sabbath day differently than the Jews of the Old Testament. The Jews kept the Sabbath each week on the 7<sup>th</sup> day of the week. Jesus himself kept the 7<sup>th</sup> day Sabbath up until the time of his death on the cross. This changed after the death and resurrection of Jesus. The catechism says we are to keep the Sabbath day *on the first day of the week ever since [the resurrection], to continue to the end of the world, which is the Christian Sabbath.* The Sabbath is now on the 1<sup>st</sup> day of the week. How could this change? Some people (such as Seventh-day Adventists) think the day should never have been changed. While we don't have the right to change God's day, Jesus does. The gospel writers call Jesus *The Lord of the Sabbath.* He made the Sabbath and can tell us how, and when, to keep it. Jesus changed the Sabbath day to the 1<sup>st</sup> day of the week by his own example. Jesus met with the disciples on the day he was raised. It is interesting to note that after he showed himself to the disciples that first Sunday, he didn't meet