

word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.
This Lord's Day, put on your armor and prepare for battle. Together, let's take every thought captive to obey Christ (2 Cor. 10:5).

Discussion Questions

- When you fellowship with other believers on the Lord's Day, what topics tend to fuel your conversations?
- Are there things you could do differently to help yourself and others keep your thoughts on Christ?

Day 5 – Review Q&A and recite memory verse

The fast-paced world we live in makes keeping the Sabbath a real challenge. With work and school demands, news apps and social media, there is a never-ending stream of things demanding our attention. Christians cannot afford to be passive if they want to benefit from the blessings of a day devoted to the Lord. We must be intentional, and it requires effort. But then, God's moral law has never been easy to keep. That's why we need a savior! As we study the fourth commandment we ought to be convicted of our neglect of the Lord's Day and challenged to grow in our delight in it. But, more than anything, we are reminded of Jesus' perfect fulfillment of this command on our behalf. Jesus loved the Father with perfect devotion. His worship was never careless, his ministry was never idle, and His thoughts never strayed. *So therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every impediment, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and perfecter of faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God (Hebrews 12:1-2).*

Discussion Questions

- If someone is half-hearted in their devotion to the Lord, how will that affect their obedience?
- Praise God for Jesus' perfect devotion and pray that a similar devotion would grow in your own heart.

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, January 5th, 2025)

Baptist Catechism Question #66

Q: What is forbidden in the fourth commandment?

A: *The fourth commandment forbiddeth the omission or careless performance of the duties required, and the profaning the day by idleness, or doing that which is in itself sinful, or by unnecessary thoughts, words, or works, about worldly employments or recreations.*

Suggested Memory Verse

Malachi 1:13 But you say, 'What a weariness this is,' and you snort at it, says the LORD of hosts. You bring what has been taken by violence or is lame or sick, and this you bring as your offering! Shall I accept that from your hand? says the LORD. (ESV)

Day 1 – Review Q&A and recite memory verse

What kinds of things are forbidden if we are to remember the Sabbath and keep it holy? First, we see that this commandment forbids “the omission or careless performance of the duties required.” Did you know that we have duties on Sunday (the Christian Sabbath)? Duties such as resting from work, worshipping our God, doing works of mercy as needed, and fellowship with the church and family. Honoring the Sabbath is not just about what you *don't* do, but also about what you do and how you do it. What happens when you omit some of your duties on the Sabbath? What happens when you skip worship or you leave out helping someone in need? You dishonor God and treat His command as though it were not very important. The same is true if you do your duties but do them in a careless, sloppy way. You attend worship but you're late, half dressed, sleep through the sermon, stand but don't sing, etc. Where is your heart and mind? Our memory verse shows both the omission and careless performance of duties. *But you say, 'What a weariness this is,' and you snort at it, says the LORD of hosts. You bring what has been taken by violence or is lame or sick, and this you bring as your offering! Shall I accept that from your hand? says the LORD (Malachi 1:13).* Take care with your Sabbath duties and do them with joy, humility, and intentionality.

Discussion Questions

- Which of our Sabbath duties (resting, worshipping, works of mercy, fellowship) are you most likely to omit? What can you do to correct that?
- Which of our Sabbath duties are you most likely to do in a careless manner? Pray for repentance and a renewed heart to honor God on the Sabbath.

Day 2 – Review Q&A and recite memory verse

When people first consider how to obey the fourth commandment, they sometimes mistake idleness for holy rest. But, this commandment actually forbids idleness because it profanes the Sabbath (treats it as common) rather than honors it. Idleness has been defined by some as “undisciplined slackness.” Ecclesiastes 10:18 says, *Through sloth the roof sinks in, and through indolence the house leaks.* Idleness is really the opposite of being diligent and intentional. It is good to rest our bodies after physical labor or to promote healing from illness. This kind of physical inactivity is for a purpose. Idleness, however, serves no purpose. Being idle, particularly on the Sabbath, also speaks volumes about where your heart is not. Listen to Paul teaching the Thessalonians about idleness. *For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. For we hear that some among you walk in idleness, not busy at work, but busybodies. Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living (2 Thessalonians 3:10–12).* Idleness is not tolerated during the week nor is it tolerated on the Lord's Day. Idleness really implies that there is nothing worthy of doing, nothing to spend your time or effort on. Is this how we want to be before the Lord when there is much work to be done? Much sharing of the Gospel, much encouraging one another, much worshipping to do.

Discussion Questions

- Have you ever found yourself bored on a Sunday afternoon? What do you typically do about it?
- What kinds of things can you do to be more intentional about how you spend the Lord's Day?

Day 3 – Review Q&A and recite memory verse

A second way to profane the Sabbath is by doing that which is in itself sinful. This should be pretty obvious. Doing what God forbids will never bring His good pleasure upon us. Why would it be any different on the Sabbath? From the very beginning, God has told man what is required and what is forbidden. *And the LORD God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die"* (Genesis 2:16–17). Later, the ten commandments were given as a good summary of the moral law. Sins such as false worship, idolatry, misusing God's name, profaning the Sabbath, dishonoring parents, murder, adultery, stealing, lying, and coveting are clearly listed. But, even without this list... we all have a conscience given to us by God that tells us right from wrong. Paul says in Romans 2:15–16, *They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.* God knows and sees your heart. There is a temptation to let down our guard on the Lord's Day and give in to sin. Don't do it! Instead, let it be a day to pursue holiness with new resolve.

Discussion Questions

- What particular sins tend to trip you up on Sundays?
- How does the gospel bring hope to someone who realizes their Sunday worship is tainted by sin?

Day 4 – Review Q&A and recite memory verse

Another way to profane the Sabbath is by having unnecessary thoughts, words, or works, about worldly employments or recreations. The Sabbath is given as an opportunity to rest from our normal work and recreations so that we can devote our time and mind to the things of the Lord. It takes an active and purposeful mind to stay on track, and Satan is certainly willing to put obstacles in your way to keep you from honoring God. Imagine worshipping God and being bombarded with thoughts of work the next day, or that test you did not study for. How do you stay on top of this? Put on the armor of God! Ephesians 6:10-18 remind us, *Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil...the belt of truth... the breastplate of righteousness...shoes for your feet-the readiness given by the gospel of peace...the shield of faith... the helmet of salvation, and the sword of the Spirit, which is the*