

special to us because it is special to God. He blessed it. So, let us follow God's example of work and rest and pray that we would learn to love what He loves.

Discussion Questions

- Do you have anything sentimental that is special to you primarily because it was special to someone else?
- How does obeying the fourth commandment show a love for Christ?

Day 5 – Review Q&A and recite memory verse

The fourth commandment is one of the most overlooked and neglected of the ten commandments in our day. Perhaps that is why the catechism gives such special attention to it. We have spent the last six weeks exploring what it means to keep the Sabbath holy: what is required, what is forbidden, which day is meant, how the day is sanctified, and the reasons given for the command. Before we move on to the next set of commandments (and our duty to our fellow man), let us pause and consider why the Sabbath command serves as the culmination of our duties to God (#1-4). Command #1: Have no other gods. #2: No idols. #3: Don't take His name in vain. #4: Keep the Sabbath holy. Notice that the first three are primarily prohibitions. They warn us about what not to do. It is in the fourth commandment where we are given positive instruction on how to fulfill our primary duty to God... to love Him and worship Him, regularly and repeatedly, with devotion and intentionality. Jesus summed up the first part of the ten commandments this way: *he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment.* When we keep the Sabbath holy, we remind ourselves that this world is not our home and that Christ is our ultimate rest. We make space in our cluttered lives and crowded minds to love our Lord as we ought.

Discussion Questions

- -How do the first four commandments work together? What would be different if we had some but not the others?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, January 12th, 2025)

Baptist Catechism Question #67

Q: What are the reasons annexed to the fourth commandment?

A: *The reasons annexed to the fourth commandment, are God's allowing us six days of the week for our own lawful employments, his challenging a special propriety in a seventh, his own example, and his blessing the Sabbath day.*

Suggested Memory Verse

Exodus 20:11 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. (ESV)

Day 1 – Review Q&A and recite memory verse

There are several reasons attached to the fourth commandment, the first of which is God allowing us six days of the week for our own lawful employments. *Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the LORD* (Exodus 31:15). Some people disregard the Sabbath, thinking it is something unique to the Jews or that originated in the Mosaic law. But the Sabbath was initiated in creation, even before the fall! It did not start with Moses, nor did it start in the New Testament, nor was it rescinded at any point. From the beginning we have been given 6 wonderful days to do our work, earn money, enjoy the fruits of our labor, and play. This is a gift, though we often misuse it. We tend to either try to squeeze extra time into our days for work, work, work, or we squander all our time with laziness. God's pattern is one of purpose and boundaries. He has given us 6 days to work, and He also mandated one day of rest. Can your employer determine your work schedule? Sure. Can your parents tell you when to go to bed when you are young? Of course. Can God give you a gift of 6 days to work and then require rest on the 7th day? Yes. He can and He does because He loves you and wants you to enjoy Him forever.

Discussion Questions

- Have you ever considered the 6 work days a gift from God? Why or why not?
- Why do you think people tend to either work too much or not enough? How is the fourth commandment a help for us?

Day 2 – Review Q&A and recite memory verse

Our answer this week says that God is “challenging a special propriety in a seventh.” What does that mean? Imagine the leader of a tribe of people being challenged to a contest or battle. The victor would become the new leader. God is one, unique and all powerful. There is no one or nothing that could challenge Him and take over. God is instead challenging us to keep one of the seven days special and free to rest in Him. It is a special *propriety* (proper-appropriate-right), and He has the authority and power to make this command. The six working days are a gift of time to us, but we don't own that time. All our days are given to us and are to be used under the law that God sets for us, but the Sabbath, in particular, God reminds us is *His*. It is the Lord's Day. Keeping this command may not always seem easy, but 1 John 5:3 says *For this is the love of God, that we keep his commandments. And his commandments are not burdensome.* Non-believers have no desire to keep the Sabbath, to worship Him, or to steep in the Gospel rich environment of the church. For those who have been saved by God's grace and are empowered by the Holy Spirit, these commands are not a burden but a gift for us to grow in.

Discussion Questions

- Do you ever write your name on things so people will know they are yours? Do you write your name on *everything*? Why or why not?
- If all our days belong to God, why do we refer to Sunday as “the Lord's Day”?

Day 3 – Review Q&A and recite memory verse

Did you ever know someone who would tell others to do things that they would never do themselves? Instead of leading by example, they turn their nose up at doing things they feel are beneath them. “Do this!” “Do that!” But then... “Who, me?” Once, a wealthy lady pulled into a gas station and asked the neighboring driver if he would fill up her car for her because she had never done it. She was shocked when the other driver simply offered to teach her how. Unthinkable! Well, God could have simply commanded anything He wanted, but instead He often chooses to also lead by example. Genesis 2:2 says, *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.* When it comes to the Sabbath rest, God shows us from the very beginning of creation by his own example. Did God need to physically rest or even need to spiritually be refreshed? Was He lacking in any way? No. He did it for our benefit. The Sabbath was made for man (Mark 2:27) and was intended to help people, not to burden them. Man was not made to serve the Sabbath, enslaved to a list of rules. Mark goes on to say that Jesus is Lord of the Sabbath. Jesus the God-man invented the Sabbath and can certainly tell others what it is for. We want to have the same mind as Christ (Phil 2:5) and follow His example.

Discussion Questions

- Have you ever stopped in the middle of some instructions and say, “here, let me show you”? Why?
- What does it tell us about God that He would teach by word AND by example?

Day 4 – Review Q&A and recite memory verse

This week's answer closes with one final reason for the fourth commandment: God's blessing of it. Christians are being conformed into the image of Christ as we learn to follow His example and do what He does by keeping the Sabbath. More than that, the fourth commandment gives us an opportunity to love what He loves. Recognizing what God blesses (such as the Sabbath) and delighting in it ourselves brings our hearts and minds into alignment with God. Put simply, we should want what God wants. Just prior to blessing the Sabbath, God *saw everything that he had made, and behold, it was very good* (Genesis 1:31). If we want to be blessed and enjoy God forever, let's obey his commands, enjoy His good creation, and learn to rest in Christ. Isaiah 56:1–2 *Thus says the LORD: “Keep justice, and do righteousness, for soon my salvation will come, and my righteousness be revealed. Blessed is the man who does this, and the son of man who holds it fast, who keeps the Sabbath, not profaning it, and keeps his hand from doing any evil.”* The Sabbath is