**The Third Commandment**

“Remember the Sabbath day by keeping it holy.”

What is the Sabbath?

“Sabbath” = Hebrew, SBT to cease, rest (**Genesis 2:2-3**)

The Sabbath Commandment

God commands us to observe the Sabbath rest (**Exodus 20:8-11**)

What does it mean to remember?

 Remember the works of God –

 His creation (Gen. 3)

 His salvation (**Exodus 20:2**)

 His promises (**Genesis 12:1-3**)

 What is God telling us to do?

 Physical rest Spiritual rest

What did it mean for Israel?

 No regular work, but go to worship (**Exodus 31:15-17**)

 “was refreshed” – NPHSH from soul “to be renewed”

What does it mean for us?

 Christ has fulfilled the Law, inward and outward (**Colossians 2:16-17**)

 Now Sabbath rest means to come to Christ (**Matthew 11:28, Matthew 12:8**)

 Jesus spent the Sabbath healing and forgiving sins (**Matthew 9:1-8**)

What about days?

 Early Christians worshipped on Sunday (first day of the week) (**Acts 20:7**)

 Why?

 Christ has freed us from observance of particular days. (**Romans 14:5-6**)

 Significance of the 1st day of the week: O Day of Rest and Gladness (LSB 906:1-2)

Ways we break the 3rd Commandment

 Not going to Church (**Hebrews 10:25**)

 Going infrequently (Remember)

 By going but not paying attention

 By listening, but not believing (**James 1:22-25**)

Ways we keep the 3rd Commandment

Worship: Going to church, listening without distraction, and living according to His Word (**Luke 10:38-42**)

 Devotions: By studying God’s Word and prayer (**Acts 2:42**)

 Giving: By supporting the Gospel with our offerings (**Galatians 6:6-7**)