

RULES TO LIVE BY!

5. Honour God's Day



Introduction

When Jesus was asked what the greatest commandment was He quoted Deuteronomy 6:5 which says: "Love the Lord your God with all your heart and with all your soul and with all your strength." Jesus said this was the first and greatest commandment. When we truly love God we won't worship any other god, or misuse His name or make an idol to represent Him. However there is another commandment that is equally important as these, and we will discuss that now.

Scripture Reading: Deuteronomy 5:12-15

- ❶ What was the Sabbath Day for, and how were the people to observe it according to these verses?
- ❷ The Ten Commandments are recorded in two places, first in the Book of Exodus and then repeated again in Deuteronomy. What reasons does God give for remembering the Sabbath Day? See Deuteronomy 5:15 and Exodus 20:11. How do you think this relates to us?
- ❸ What is the purpose of this day according to Jesus in Mark 2:27?
- ❹ How do you think keeping the Sabbath (whether it is Saturday or Sunday) benefits us? Share from your own experience.
- ❺ Why do you think the Pharisees were so concerned that Jesus might heal on the Sabbath? Read Luke 6:6-11. What was Jesus' response?
- ❻ What attitude does God want us to have towards the Sabbath Day? Isaiah 58:13, 14
- ❼ What did the early Christians do on the first day of the week, or a Sunday? Look at the following verses: Acts 20:7, 1 Corinthians 16:2, Revelation 1:10
- ❽ What has God been saying to you as we have discussed the 4th commandment? Share.

Conclusion

God set apart one day a week as a day of 'rest'. It was to be a 'holy' day, a day set apart to Him. When Jesus summarized the Ten Commandments, saying we are to love the Lord our God, the fourth command is included too. If we love the Lord we will keep His Day.

However God did not give this day primarily for His benefit, but for ours! God has our well being in mind, and this includes our spiritual life, as well as our mental, emotional and physical health. If a person always works and never rests, it will eventually affect his quality of life. We also need time to worship God, as our spiritual life is the well spring from which everything else flows.

We live in a society where the majority do not honor the Lord's Day. Many think of it as a day to 'do as they please', but God set it aside as a day to do what pleases Him. It is not just the two hours when we go to church – it is the whole day! God promised that when we obey His Word we would prosper, so let's believe that when we honor Him, He will help us to accomplish all we need to do in the other 6 days.