

The Third Commandment



Introduction

None of us like to get our teeth drilled at a dentist's office, but we do it so we don't lose our teeth. Athletes don't enjoy running 20 40-yard dashes on 80-degree days in August, but they do it to be in top condition. There are many things that we do because we have to. Unfortunately, many people put going to church and studying God's Word in that same category. But that is not the way God looks at it.

Opening Prayer: Heavenly Father, I have indeed transgressed your commandments. I have been impatient in trials. I am unsympathetic and unmerciful. I do not help my neighbor. I am unable to resist sin. I do not tire of doing wrong. Dear Lord, pour out your grace on me and give me your Holy Spirit to help me to avoid neglecting your life-giving gospel and the peace that it offers. Help me to remember all that you have done for me and lead me to be in contact with your Word, so that I may always live my life knowing that there is nothing I ever need to do to earn favor with you. Amen.

Define Sabbath -

Define rest -

Lesson Aim: How does God want us to honor his Word?

Part One

Read Exodus 20:8-11.

- 1) What is the Third Commandment?
- 2) In the Old Testament, what was forbidden for anyone to do on the Sabbath day?
- 3) What was the Sabbath day for?
- 4) What does the Hebrew word "Sabbath" literally mean?
- 5) The Sabbath was a day to rest and study God's Word. What two kinds of rest were God's Old Testament people to get on the "Sabbath Day"?

Read Genesis 4:1-7.

- 6) In what way did Cain worship the Lord?
- 7) With what attitude did Cain worship the Lord?
- 8) In what way did Abel worship the Lord?
- 9) With what attitude did Abel worship the Lord?

God wants us not only to worship him, but to be glad to with every opportunity we have.

Read Colossians 3:15-17.

- 10) If you have frequent contact with the gospel of Christ, then what will you be led to do?
- 11) If you have frequent contact with the gospel of Christ, then what attitudes or feelings will the gospel of Christ cause you to have?

KEY POINT 1 - God wants me to receive his Word eagerly because it puts our hearts at rest.

What I've learned so far:

Part Two

Read Luke 10:38-42.

- 1) Describe the separate activities of the two sisters.
- 2) Which of the sisters does Jesus commend? Why?
- 3) What does this account teach us about the regard we ought to have for God's Word and the opportunities we have to hear it?

Read the passages referenced below and answer the following question according to each one.

- 4) How does God want us to honor his Word?

‡ Psalm 122:1

‡ Acts 17:11

‡ John 20:31

‡ Luke 11:28

‡ James 1:22-25

‡ Hebrews 2:1

KEY POINT 1 - God wants us to honor his Word not just by hearing it but also by gladly learning, believing, and obeying it.

What I've learned so far:

Part Three

Study questions 53-62 in the Catechism and answer the following questions in your own words.

- 1) What specific commands for Sabbath rest applied to people in the Old Testament, but not to us today?
- 2) Why is the application of the Third Commandment different for us than it was for people in the Old Testament?
- 3) What application does the Third Commandment still very much have for us today?
- 4) How does God want all to regard and use his Word?

Helpful Passages

Colossians 2:13-17—The Sabbath day pointed ahead to Christ and the rest he provides for our souls. We can be at rest, because there is nothing left for us to do. We need only remember God's love and trust him.

Matthew 11:28-29—Sabbath means rest, and Jesus is the only way to ever have spiritual rest.

Luke 4:8-15

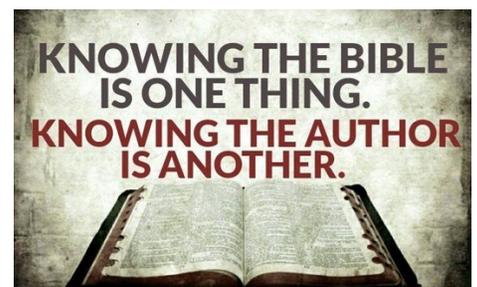
What threatens or interferes with those who hear God's Word?

How does God want us to receive his Word in our hearts?

Hebrews 10:24-25

Why is going to church important?

List some ways you have been or can be guilty of breaking the Third Commandment.



Main point — God wants me to receive his Word eagerly because it gives me true rest, God wants me to honor his Word by hearing, reading, learning, believing, and obeying it gladly and regularly.

Final considerations:

1) Sabbath is a Hebrews word which means ____ .

- A. rest.
- B. Sunday.
- C. Saturday.



2) For us New Testament Christians, the Old Testament Sabbath ____ .

- A. is a shadow or type of the true Sabbath, which is given through Christ.
- B. means nothing at all, since it was given only to the Jews of the Old Testament period.
- C. is just as binding for us as it was for them, since we are now God's people.

3) The true Sabbath which Christ gives us is ____ .

- A. a retirement period when we may rest from our labor and enjoy the peace and quiet of the earth.
- B. the rest and peace for the soul which he gives us in the forgiveness of sins.
- C. Sunday, our day of rest, with its worship services for us to attend and hear God's Word.

4) For us New Testament Christians, the Third Commandment really means that we should ____ .

- A. observe Sunday as our day of rest, and not leave our homes at all to go anywhere or do anything.
- B. continue to observe Saturday as our day of rest, as commanded in Scripture.
- C. not despise preaching of God's Word, but regard it as holy and gladly hear and learn it.

5) How do we obey the Third Commandment and sanctify the holy day?

6) How can this commandment be violated even when we are in church?

7) Why is it crucial to keep God's promises before us throughout our lives?

8) Agree or Disagree: If Jesus felt the need to regularly attendance worship services himself, it is much more necessary for us to make it our practice to be at church every week.

9) What does this sign  have to do with the Third Commandment?

10) What does this sign  have to do with it?

Commit to Memory:

- The Third Commandment with Luther's explanation.
 - Hebrews 10:24-25
- The Ten Commandments — Exodus 20 and Deuteronomy 5

What I've learned: