

Question 90

Name _____

Q90. How should the Sabbath be spent?
A90. In prayer and praise, in hearing and reading God's Word, and in doing good to our fellow men.

Scripture Base: Ps. 92; Matt. 12:1-14; Acts 20:7;
Heb. 10:23-25, 1 Jn 5:2-3.

Doctrine: WCF 21:7, 8 SC 60

Supplementary Questions

1. What are we not to do on the Sabbath?

2. What are we to do on the Sabbath?

3. How do we do good to our fellow men?

Song: 10 Commandments – Judy Rogers

Teaching Notes

Review: Q88. What day of the week is the Christian Sabbath? - *The first day of the week, called the Lord's Day.*
Q89. Why is it called the Lord's Day? - *Because on that day Christ rose from the dead.*

Scripture: Ps. 92

Questions

1. We are not to work on the Sabbath or cause others to work (Deut. 5:14).

We are also not to talk about our work, or play the kind of games we might normally play on other days (Isa. 58:13-14).

2. God wants us to rest from the things we usually do so that we might spend time with Him.

The most important thing He wants us to do is gather together for worship and fellowship (Heb. 10:23-25). This isn't at all hard to do if you really love Him (1 Jn 5:2-3).

3. By fellowshiping with them and by performing works that are necessary or merciful.

A work of necessity is something that **has** to be done on the Lord's Day (Matt. 12:1-8). (Police, nursing, animal care..)

A work of mercy means to take care of someone's need on the Lord's Day (Matt. 12:9-14). (Visit the sick....)

Gospel: Heb. 10:23-25 "The Day approaching..."

The Lord's Day looks forward to heaven. It is also a good measure of our love for Him. Do we rejoice to spend a day devoted to Him? Or are we rebellious and resentful that we cannot spend the day as we choose? Ask Him to change your heart and make this a day of joy.

Activity: How I can participate in Worship w/s

Song: 10 Commandments – Judy Rogers