

The Lord's Day

Exodus 20:8 – 11; Romans 14:4 – 6; Revelation 1:10

Devotional Reading: Psalm 118:19 - 24

**Background Scripture: Genesis 2:2 – 3; Matthew 12:1 – 14;
Matthew 28:1 - 10**

LESSON AIMS: the students will:

- **Summarize** Exodus 20:8 – 11
- **Compare** and **contrast** the Old Testament command to honor the Sabbath with the practices of worship in the early church
- **List** ways to bring rest and worship together in the upcoming week

INTRODUCTION: We designate and set up times to do those things that are important to us - - those things that are necessary as well as the things we do for pleasure. This leads us to consider how we prioritize our daily activities. God sanctified the Seventh Day of Creation. Centuries later, God would command His people to rest and to hold the seventh day in reverence.

KEY VERSE: *¹¹ For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.* Exodus 20:11

LESSON OUTLINE:

The Sabbath Day

Exodus 20:8 - 11

Honoring Special Days

Romans 14:4 - 6

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Revelation 1:10

SUMMARY: The call to balance work and rest, while urgent, is probably more difficult in society today because this modern era has so many conveniences which make our physical lives so easy. Observation of the Lord's Day challenges us as believers to step away from our routine and to focus on the Author of our very being. The Lord's Day is a reminder of hope and victory in a world of worry and uncertainty. Worship anchors us in Christ's triumph, His purpose when He walked among men. Worship moves our focus from life's pressures to refocusing our reverence to God through Jesus.

QUESTIONS:

1. *In what ways do you set aside a day of the week for sacred use and worship?*
2. *How might God's decision to rest after His act of creation affect your understanding of a weekly day of rest?*
3. *How can we determine which beliefs are essential [no room for compromise] and which are nonessential?*

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DAY/DATE	SCRIPTURE	
Mon., Feb. 9 th	God Rests on the Seventh Day	Genesis 1:31 – 2:4
Tue., Feb. 10 th	The Promise of Entering God's Rest	Hebrews 4:1 – 11
Wed., Feb. 11 th	Delight in the Sabbath	Isaiah 58:8 – 14
Thur., Feb. 12 th	Jesus Is the Lord of the Sabbath	Matthew 12:1 – 13
Fri., Feb. 13 th	The Day of Resurrection	Matthew 28:1 – 10
Sat., Feb. 14 th	Keep the Sabbath Day Holy	Exodus 20:1, 8 – 11
Sun., Feb. 15 th	Living or Dying to the Lord	Romans 14:1 – 8

