

Q. 60: How is the Sabbath to be sanctified?

1 “The Sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days...”

A. **Leviticus 23:3**: “Six days shall work be done: *but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein*: it is the sabbath of the LORD *in all your dwellings*.”

B. **Isaiah 58:13-14**: “If thou turn away thy foot *from the sabbath, from doing thy pleasure on my holy day*; and *call the sabbath a delight, the holy of the LORD, honourable*; and shalt honour him, *not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words*: **14** Then shalt thou *delight thyself in the LORD*; and I will cause thee to ride upon the high places of the earth, and *feed thee with the heritage of Jacob thy father*: for the mouth of the LORD hath spoken it.”

2 “The Sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days; **and spending the whole time in the public and private exercises of God’s worship...**”

A. **Psalm 92:1-2**: “*A Psalm or Song for the sabbath day*. It is a good thing *to give thanks unto the LORD, and to sing praises unto thy name, O most High*: **2** To *shew forth thy lovingkindness in the morning*, and thy faithfulness *every night*”.

B. **Thomas Vincent**: “The holy exercises which we are to be employed in, or the works which we are principally commanded to do on the Sabbath-day, are the public and private exercises, especially the public exercises of God's worship, such as hearing the word, prayer, receiving the sacrament, singing of psalms, in the public assemblies of God's people. ‘And it shall come to pass that, from one Sabbath to another, shall all flesh come to worship before me, saith the Lord.’ Isa 66:23. ‘And he came to Nazareth, where he had been brought up; and, as his custom was, he went into the synagogue on the Sabbath-day, and stood up for to read.’ Lk. 4:16. ‘And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them.’ Acts 20:7. ‘A psalm or song for the Sabbath-day.’ Ps 92 (title).”

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3 “The Sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days; and spending the whole time in the public and private exercises of God’s worship **except so much as is to be taken up in the works of necessity and mercy.**”

A. **Matthew 12:3-5:** “But he said unto them, Have ye not read what David did, *when he was an hungred*, and they that were with him; **4** How he entered into the house of God, and *did eat the shewbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests?* **5** Or have ye not read in the law, how that *on the sabbath days the priests in the temple profane the sabbath, and are blameless?*”

B. **Matthew 12:11-12:** “And he said unto them, What man shall there be among you, that shall have one sheep, and *if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out?* **12** *How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.*”

C. **Thomas Vincent:** “The works which God doth allow us to do on the Sabbath-day, besides what he doth principally command us, are works of necessity and mercy; such as eating, drinking, defending ourselves from enemies, quenching the fire of houses, visiting the sick, relieving the poor, feeding cattle, and the like; in all which employments we ought not to have a reference chiefly to ourselves, or any temporal advantage, but to be as spiritual as may be in them.”
