

To the end that you may grow in the Christian life, do you promise to keep the Lord's Day, regularly attend the worship services, and observe the appointed sacraments? (from Question 5 of the Covenant of Communicant Membership)

I. Rest and Worship

- A. Creation and Flood
- B. "Sabbath Years" and "Jubilee" (Deuteronomy 15:1-18; Leviticus 25:1-55)
- C. Celebrations of God's redemption (Proverbs 22:7)

II. Rest, Worship, Mercy, Feasting

- A. The Ten Commandments: a digest of God's law (Matthew 19:17-21; 22:37-40; Romans 13:9)
- B. The Old Testament Sabbath
- C. "The Son of Man is Lord of the Sabbath" (Luke 6:5; Mark 2:27)

III. The Lord's Day

- A. From *Sabbath* to *Lord's Day* (John 20:19; Acts 20:7; 1 Corinthians 16:2; Revelation 1:10)
- B. Mistake: ignoring the Sabbath commandment (Colossians 2:16; 2 Timothy 3:16)
- C. Mistake: making the Sabbath commandment a burden
- D. Four themes in keeping the Lord's Day
 - 1. Worship (Hebrews 10:25)
 - 2. Rest
 - 3. Mercy
 - 4. Feasting

IV. The Gospel and Rest

- A. Righteousness by faith apart from works. (Romans 4:1-8)
- B. Righteousness by faith apart from *work*.
- C. The Gospel's challenge to busy Americans: be still! (John 10:9)