

# THE TEN COMMANDMENTS

## THE THIRD COMMANDMENT

### DEVOTION

#### REMEMBER THE SABBATH DAY BY KEEPING IT HOLY. (EXODUS 20:8)

*What does this mean?* We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.

**Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. (Exodus 20:8–11)**

### FOR SHARING

1. The average church has fewer than 50 percent of its members in worship each week. What kinds of obstacles do you face in attending worship regularly?
2. To keep something holy means “to set it aside for a special, sacred use.” What is so special and sacred about weekly worship?
3. The Sabbath is also a day of rest. In what ways is rest vital to your physical life? to your spiritual life?
4. Through faith, the Book of Hebrews notes, God’s people have a “Sabbath rest” (4:9). How is Jesus our Sabbath rest? How does He give you true rest?
5. What does God do for you at every worship service? How do His gifts strengthen you during the week?

### PRAYER

Jesus, You are Lord of the Sabbath. You are the Lord and Savior of my life. Please forgive me for those times when I was hesitant, reluctant, or negligent about coming to Your Father’s house of worship. Thank You for the strength I receive there through Your Word and Sacraments. Help me always to hear Your Word gladly and willingly. In Your name. Amen.