**Q48. Why does God give the fourth commandment: Remember the Sabbath day, to keep it holy?**

So we will worship and rest in God and remember the finished work of Jesus.

1. Pastor Matt said that: “Perhaps Sabbath can be summarized this way:

*The purpose of the moral law of Sabbath is to provide us a special day of worship to God, physical and mental rest and refreshment, and other God glorifying activities*.”

Is this how you’ve understood Sabbath? Explain how this simplified summary helps you clarify your understanding.

1. In the New Covenant we get to look back at and rest in Christ’s finished work and look forward to an even better Sabbath rest to come. Read these passages about Jesus and our salvation in Him:
* *Ephesians 2:8-9, Acts 4:12, Hebrews 7: 22, 2:18, 4:15-16*
1. Do you see that in the New Covenant our Sabbath rest gets to bless us as a time to slow down from work and the other demands of life to enjoy and rest in the salvation brought not by our works but by grace alone through faith alone in Jesus? Share with your group how this truth elevates Sabbath for you to be a truly unique and great day.
2. Sabbath has a Godward function and man-ward/personal function. Review these two functions with your group. Is this clear to everyone?
3. What is a creation ordinance? And do creation ordinances continue today?
4. What are:
* acts of necessity?
* acts of piety?
* acts of mercy?
1. One of the great challenges fighting against honoring the Sabbath in our modern context is all the distractions/things we have at our disposal. Based on what you learned tonight, what are some ways you personally plan to make changes to your life so you can honor Sabbath?
2. We learned tonight that “*Sabbath is not simply about a day off from responsibilities for us to act like the lord of our own lives with no regard for God’s design for Sabbath. Sabbath is a blessing to you, but it is not about you. If we treat it like another holiday or day off, we are not honoring Sabbath as God has commanded. Sabbath is not a free day devoid of God or biblical responsibilities*.” Discuss how you can protect against this