

Ten Commandments (Part 28)
(The Fourth Commandment – Part 4)

V. The Proper Activities of the Sabbath

A. Rest (Exodus 20:9, 10; Deuteronomy 5:13, 14)

-The 4th Commandment requires that we work diligently throughout the week.

-The ‘rest’ of this day isn’t inactivity but involves a different kind of activity.

B. Necessary Things (Matthew 12:1-4; Mark 2:23-26; Luke 6:1-4)

C. Worship (Hebrews 10:25)

D. Mercy and Service (Matthew 12:5, 9-13)

WSC Q#60 (WLC Q#117): *“How is the Sabbath to be sanctified?”* Answer: *“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.”*

LCF 22:8: *“The Sabbath is kept holy to the Lord when people have first prepared their hearts appropriately and arranged their everyday affairs in advance. Then they observe a holy rest all day from their own works, words, and thoughts about their secular employment and recreation. Not only that, they also fill the whole time with public and private acts of worship and duties of necessity and mercy.”*

-Walter Chantry ‘Call the Sabbath a Delight’ pp. 106, 107