

## Theology Simply Explained — CC87 “Why the Sabbath Is the Lord’s Day”

**Pastor walks his children through Children’s Catechism question 88—especially explaining how the Sabbath became the first day of the week by God’s self-revelation in Christ.**

Q88. What day of the week is the Christian Sabbath? ***The first day of the week, called the Lord's Day.***

**(The following is a machine-generated transcription. Please be aware of—and patient with—transcribing errors. If there is something confusing or obviously erroneous, you are invited to listen to the audio recording via [hopewellarp.org](http://hopewellarp.org))**

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Sophia here. Catechism question is What does the fourth Commandment? Teach us? And the answer is to keep the Sabbath holy What does the fourth Commandment? Teach us? To keep the Sabbath holding. Now this is very important. Because it was one of the very first things that our first parents ever learned.

Adam, and the woman Mrs. Adam, before she even got the name Eve. Were created late on the sixth day and then the seventh day, they did not. Uh, take dominion over the creatures and subdue the Earth. And Um, Would be fruitful and multiply and all those things. On the seventh day.

God consecrated the day, made the day. Holy For them to spend the day on him and with him and worshipping him. So, they learned that they were made not for the creation, although they were to work in the creation, But they were made for the Creator. And God taught them.

That he is. Holy And that they are. Holy. And that worship is Holy. By giving them a day. That was Holy a special time. Sort of like if Mommy and Daddy. Made a special time for a special thing. Between just you and them. You would learn all those things.

That you are special. And that the relationship between mommy and Daddy, and you is special. And that Mommy, and daddy should be the most special thing to you. And that this special thing that you do at this special time, It's a special time for learning and enjoying. All of those things, all of that specialness.

Well, like that but infinitely greater Is the Sabbath. As God, consecrates it to himself. So that we will worship him and Delight in him, not just on the Sabbath. But then when they went from, Attending upon the Creator in that first full day of their existence. To attending upon the creation, they would do it.

Remembering that God is Holy and that they are holy and that everything they do. Is from God. And for God. Uh, and so being his image bearers in the creation, That is intensified that much more by that holy time. That God had consecrated which was a word that is means made.

Holy that God had consecrated for their delighting in him. And so the Sabbath and its Holiness. Is designed to remind us. That we were made not. Merely to enjoy the creation. That we were made, not merely to enjoy the creation. Although God did make the creation very enjoyable. But you were made Sophia.

You were made in order to enjoy God. Himself. And so every week, Our week begins with a Sabbath. A Lord's day now because Jesus has come and we know that the Creator is also a man. Now, who is Our Redeemer and he sits in heaven. And we have been created by him and Redeemed by him.

To belong to him and to know how much he loves us and to be full of love back to him, and to enjoy him more than all of his creatures put together. Him himself. And so, in the Lord's day, He says this is holy time. For enjoying him. Not enjoying the creature.

Enjoying him. This is holy time for acting upon him. Not doing our work in the creation. But the work of worship of our creator and Our Redeemer. For he has consecrated us, he has made us. Holy For delighting in him. And so, he consecrates some time. Our Lord's day every week.

For us to spend, especially and delighting in him. To shape the rest of our holy life. And that's what the fourth. Commandment teaches us. That's what you're talking about when you say to keep the Sabbath, holy So what does the fourth Commandment? Teach us? Amen. Praise God. In him. So what does the fourth Commandment teach? To keep the Sabbath. Holy.