

Intro:

- A. At times, in weakness, we might have a negative and gloomy view of the Sabbath.
- B. The catechism speaks positively about Sunday and gives an attractive presentation of it.

Frequenting God's Church on the Sabbath

I. The Sabbath Day

- A. "Sabbath" means rest. What exactly is rest? (Q and A 103, Gen. 2:1-3, Deut. 5:12-14, 15)

- B. God calls us to set apart one day for rest, the Sabbath Day. (Q and A 103)

- C. The day of the week that we are to set apart for rest is now Sunday. (Deut. 5:14, Acts 20:7, I Cor. 16:1, 2, John 16:13)

II. Frequenting God's Church

- A. We are to set apart the Sabbath Day for rest, and to help us rest we are diligently to frequent God's church on Sunday. (Q and A 103, Heb. 10:25, 32-33)

- B. In connection with keeping the Sabbath command and diligently frequenting God's house, we are to maintain the ministry of the Gospel and the schools. (Q and A 103)

- C. Negatively, we must put away certain activities on the Sabbath so that we can diligently frequent God's house and truly rest. (Deut. 5:13-14)

III. The Encouragement Received

- A. We need strengthening and encouragement regarding our faith and godly walk. (Heb. 10:32, 33)

- B. Diligently frequenting God's church, we receive strengthening and encouragement in our faith and godly walk. (Q and A 103, Heb. 10:22-26)