

**O DAY OF REST AND GLADNESS**  
*Deuteronomy 5:12-15 // December 12, 2021 PM*

**I. What is the Sabbath?**

- A. The Sabbath is a day to rest from vocational labors.
- B. The Sabbath is a day to rest unto God's glory.
- C. The Sabbath is a day to rest for our good.

**II. What changes about the Sabbath under the new covenant?**

- A. The weekly rhythm of work and rest does not change.
- B. The weekly sequence of work and rest does change.

**III. What does it look like to keep the Sabbath today?**

- A. Rest hard on the Sabbath.
- B. Worship hard on the Sabbath.
- C. Work hard after the Sabbath.
- D. Prepare hard for the Sabbath.

**QUESTIONS FOR FAMILY WORSHIP**

1. What is the Sabbath? Why would God include it within the ten commandments?
2. What does it mean to keep the Sabbath holy? How does this inform our understanding of the rest God calls us to on this day?
3. How has the Sabbath changed after the coming of Christ? How has it remained the same?
4. Why is it necessary to rest hard if we are going to work hard?
5. What are some practical ways we as a family prepare for the Sabbath? Is there anything we could be doing further to be ready for God's Day?
6. Why is the Sabbath a day to delight in rather than a day to begrudge?

**QUESTIONS FOR PRIVATE REFLECTION**

1. What is one thing I can do to cultivate deeper communion with God on the Lord's Day?
2. How can help my spouse or children or friends to cultivate deeper communion with God on this day?
3. Meditate on Isaiah 58:13-14. Is the Sabbath a delight to me? What does my delight in the Sabbath indicate about my delight in God Himself?