

Lesson 9
The Lord’s Day: Living in Light of the Resurrection

I. The Centrality of the Sabbath

A. The Sabbath is a creation ordinance (like marriage and work)

1. “The Sabbath was made for man”
2. The Sabbath was set apart by God for worship

B. The Sabbath in light of covenant theology

1. The change of the day
2. The significance of the day in light of Christ (Hebrews 4)

II. The Celebration of the Sabbath

A. “Call the Sabbath a Delight” (Isa. 58)

1. What we get to do on the Sabbath (as a redeemed people)
2. What we avoid (because to be with Christ is “far better”)

B. How to prevent legalism in regard to the Sabbath

C. Some practical thoughts about keeping the Sabbath holy

1. Prepare for the Lord’s Day
2. Worship God on the Lord’s Day (publicly and privately)
3. Use the Lord’s Day to grow in Christ (and to disciple those under your care)
4. Serve others in love on the Lord’s Day
5. Be with God’s people on the Lord’s Day (hospitality, fellowship)

Discussion Questions

How does our covenant theology inform our understanding of what is happening on the Lord’s Day? How can we grow in “calling the Sabbath a delight”?