

Exodus 2:8-11
Delight in the Day

A Sabbath ...

I. Commanded from Heaven

- A. In the Garden
- B. On the Mountain
- C. In the Gospel?

II. A Gift from God

- A. Grace
- B. Goodness
- C. Wisdom

III. A Delight to Saints

- A. Freedom in Rest
- B. Joy in Obedience
- C. Rich in Blessing

...remains

Children, Listen ...

1. When did God first give the command to rest on the 7th day of the week?
2. Why did God give us a special day of rest and worship?
3. Why do we celebrate the Lord's Day on the first day of the week, Sunday, instead of the last day like they did in the Old Testament?
4. What are some of the most important things that you do on Sunday?
5. How can you prepare each week to get the most out of the Lord's Day?

The Heidelberg Catechism
Lord's Day 38

103. Q. What does God require in the fourth commandment?

A. First, that the ministry of the gospel and the schools be maintained and that, especially on the day of rest, I diligently attend the church of God to hear God's Word, to use the sacraments, to call publicly upon the LORD, and to give Christian offerings for the poor.

Second, that all the days of my life I rest from my evil works, let the LORD work in me through His Holy Spirit, and so begin in this life the eternal sabbath.