

- Remembering the Sabbath
- Keep it Holy: The Sabbath and the Lord's Day
- Our True Sabbath

Notes:

Self Reflection:

1. What is the relationship between the Old Testament Sabbath and the New Testament Lord's Day? Defend your answer using scripture.
2. What has been your family's practice on Sundays? Is your Sunday any different from the other days of the week? What new insights did you draw from the message?
3. What is the difference between enjoying physical rest and spiritual rest? What are some examples of each? Are we still called to keep Sunday holy or does that only apply to the seventh day Sabbath? What does "keep it holy" look like?
4. An ancient catechism says, "the chief end of man is to glorify God and enjoy Him forever". How do we practically apply this principle?

Further Study

Isaiah 58; Matthew 12:5-8; Mark 2:27-28; John 5:16-17; Romans 14:5-6; Hebrews 4; Colossians 2:16-17