

The 3rd Commandment: Remember God's Day

by Rev. Dennis Kneer

“Remember to keep the Sabbath day holy. Do all your work in six days. But the seventh day is a sabbath to honor the LORD your God. Do not do any work on that day. The same command applies to your sons and daughters, your male and female servants, and your animals. It also applies to any outsiders who live in your towns. In six days the LORD made the heavens, the earth, the sea and everything in them. But He rested on the seventh day. So the LORD blessed the Sabbath day and made it holy.

—Exodus 20:8-11 NIV

The 3rd Commandment tells us to remember to rest and spend time with God. Some of us rest and worship on Saturday, some of us rest and worship on Sunday, and some of us do it at other times. Any of these choices are good; it is just important to stop our week and take time with God.

God created the world in six days. On the seventh day, God set an example for us by resting from work. Following God's example, this seventh day is now to be a day of rest from labor or work for us. In Exodus 20:8-11, God gives instructions about resting on the seventh, or Sabbath, day. People of Jewish faith observe Saturday as the Sabbath for their day of worship. Most Christians observe it on Sunday, remembering Jesus rose from death on Easter Sunday. But as Christians, we are free to worship God any day of the week. We are also free to worship and pray every day.

- What day do you rest and worship God?
- Do you worship at a church? If so, when do you go to church?
- What do you like best about your church?
- Do you go to Bible class at your church? If so, when do you go?
- If not, would you like to go to a Bible class? Who could help you find a class?

It is nice to have a day off from work or classes. Days off give us time to do fun things. Days off give us time to travel or visit friends. Days off give us time to rest or do things we don't get to do during the week. Days off give us the chance to set aside time for worship. It is important to use our days off wisely. **(Reread the Bible verse.)**

It is important to remember the Sabbath Day with worship. Worship can be going to church. Worship can be singing and praising God. Worship can be devotions and prayer. Worship can be reading the Bible or attending a Bible class. Worship can be all of these things!

- How do you like to worship God?

When we worship God, we are strengthened in our faith in Jesus. It is a time to remember Jesus died on the cross to save us from our sins, and it is a time to thank Him for that gift. Worship brings us closer to Jesus.

Prayer

Dear God our Father,

Thank You for giving us the example of rest.

Help us remember to take time regularly to come to church and worship You.

Thank You for Your greatest gift, Jesus.

Help us tell others about the importance of worship and the importance of knowing Jesus.

In His name we pray. Amen.

