

LAW GRACE

Date: February 23, 2025

Key Scripture: Deuteronomy 5:12-15

Love the Lord Your God: Part 2

Three key truths about the Sabbath for Israel:

- 1) The Sabbath is to be holy. (Set apart)
- 2) The Sabbath is to be a rest from work.
- 3) The Sabbath is for the whole community.

Two key truths about the Sabbath for us:

- 1) A Sabbath rest benefits us, but does not rule us.
- 2) True Sabbath rest comes through faith in Jesus Christ.

Matthew 11:28–30 ... "*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*"

**We love God by finding our rest in His Son
Jesus Christ by the power of the Holy Spirit.**

New City Catechism

Question 10

What does God require in the fourth and fifth commandments?

Fourth, that on the Sabbath day we spend time in public and private worship of God, rest from routine employment, serve the Lord and others, and so anticipate the eternal Sabbath.

Fifth, that we love and honor our father and our mother, submitting to their godly discipline and direction.

Scripture to Memorize

"You have commanded your precepts to be kept diligently. Oh that my ways may be steadfast in keeping your statutes! Then I shall not be put to shame, having my eyes fixed on all your commandments."

- Psalm 119:4-6

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At present, the practice of catechesis, particularly among adults, has been almost completely lost. Modern discipleship programs concentrate on practices such as Bible study, prayer, fellowship, and evangelism and can at times be superficial when it comes to doctrine. In contrast, the classic catechisms take students through the Apostles' Creed, the Ten Commandments, and the Lord's Prayer—a perfect balance of biblical theology, practical ethics, and spiritual experience.

