

# Sabbath Day and the Lord's Day

2017/11/3 Bible Study

**I. Scripture:** Genesis 2:1-3 ; Exodus 20:8-11 ; 31:12-17

**II.** Genesis records from the beginning of creation, God blessed day seven as He completed His great work of creation, and He consecrated that day as being holy. When we get to the Book of Exodus, God re-established His covenant with man, repeatedly commanded them to observe the Sabbath; they work six days, but day seven they must observe it as holy. By observing the Sabbath Day, the Israelites prove that they were consecrated to God as His people; if the people observe the Sabbath according to His covenant, God will then be their God, and bless them as He promised. Observing Sabbath Day is the proof of “to be consecrated” (separated unto God), man receives rest, and regains strength (refresh). God promised the Israelites that no disaster or loss will come upon them as they observe the Sabbath: from observing the Sabbath, people learn to trust God, and to experience His faithful provision and blessings.

The New Testament Bible did not specifically mention about observing the Lord's Day, but the Lord Jesus said He came not to abolish the law, but to fulfill it. Therefore, the Lord's Day includes all the significance of the Sabbath Day. The Lord's Day is the first day of a week, is the day that the Lord Jesus rose from the dead, the day of the completion of God's great redemptive work, bringing about real rest and blessing. Observing the Lord's Day is a covenant between God and His children, observing the Lord's Day signifies that Christians are consecrated to God. May the Lord grant us a heart of reverence, confessing that He is God, confessing that everything we have is from Him. May the Lord also help us to esteem the Lord's Day, and by consecrating the Lord's Day to God; we will experience rest, blessing, and be refreshed!

**III. Thoughts and sharing :**

What do you think is the importance of “Lord's Day” to Christians? Do you consecrate this day to God? Do you receive God given rest and renew in strength in the Lord's Day? After hearing Sunday's message on October 22<sup>nd</sup> and today's sharing, will you hope to make any changes toward observing the Lord's Day?