



Ask questions
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Understanding Worship: How God Makes Us Christian

CLASS 5: Sabbath: A Holy Day for Holy Activity

How does the 4th commandment influence our worship?

How is Exodus 19 a prototype our worship?

How does Exodus 20 and Deuteronomy 5 differently contextualize celebration of the Sabbath?

What do we learn from Genesis 2 about God’s activity on the seventh day?

How does Leviticus 23 help us further understand “rest?”

How can our Lord’s Day worship activities mirror our theology of Lord’s Day worship?

What does the term “high church” provoke in your thoughts? Does it bother you, and if so...why, and should it?

Recommended listening:

Dr. Nate Shannon, “Introduction to the Sabbath” *The Moral Law of God* (November 9, 2024)

Shelby Myers, “Sabbath Rhythms in Scripture” *The Moral Law of God* (November 16, 2024)

Shelby Myers, “The Lord’s Day / The Two Tables” *The Moral Law of God* (November 23, 2024)

Proclamation App: Media|Sunday School|The Moral Law of God

Proclamation Website: <https://proclamation.org/media/series/2sb8dfr/the-moral-law-of-god>

Exodus 19:9-25

And the Lord said to Moses, “Behold, I am coming to you in a thick cloud, that the people may hear when I speak with you, and may also believe you forever.” When Moses told the words of the people to the Lord, 10 the Lord said to Moses, “Go to the people and consecrate them today and tomorrow, and let them wash their garments 11 and be ready for the third day. For on the third day the Lord will come down on Mount Sinai in the sight of all the people. 12 And you shall set limits for the people all around, saying, ‘Take care not to go up into the mountain or touch the edge of it. Whoever touches the mountain shall be put to death. 13 No hand shall touch him, but he shall be stoned or shot; whether beast or man, he shall not live.’ When the trumpet sounds a long blast, they shall come up to the mountain.” 14 So Moses went down from the mountain to the people and consecrated the people; and they washed their garments. 15 And he said to the people, “Be ready for the third day; do not go near a woman.” 16 On the morning of the third day there were thunders and lightnings and a thick cloud on the mountain and a very loud trumpet blast, so that all the people in the camp trembled. 17 Then Moses brought the people out of the camp to meet God, and they took their stand at the foot of the mountain. 18 Now Mount Sinai was wrapped in smoke because the Lord had descended on it in fire. The smoke of it went up like the smoke of a kiln, and the whole mountain trembled greatly. 19 And as the sound of the trumpet grew louder and louder, Moses spoke, and God answered him in thunder. 20 The Lord came down on Mount Sinai, to the top of the mountain. And the Lord called Moses to the top of the mountain, and Moses went up. 21 And the Lord said to Moses, “Go down and warn the people, lest they break through to the Lord to look and many of them perish. 22 Also let the priests who come near to the Lord consecrate themselves, lest the Lord break out against them.” 23 And Moses said to the Lord, “The people cannot come up to Mount Sinai, for you yourself warned us, saying, ‘Set limits around the mountain and consecrate it.’” 24 And the Lord said to him, “Go down, and come up bringing Aaron with you. But do not let the priests and the people break through to come up to the Lord, lest he break out against them.” 25 So Moses went down to the people and told them.

Exodus 20:1-11

And God spoke all these words, saying, 2 “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. 3 “You shall have no other gods before me. 4 “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generation of those who hate me, 6 but showing steadfast love to thousands of those who love me and keep my commandments. 7 “You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain. 8 “Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Deuteronomy 5:1-15

And Moses summoned all Israel and said to them, “Hear, O Israel, the statutes and the rules that I speak in your hearing today, and you shall learn them and be careful to do them. 2 The Lord our God made a covenant with us in Horeb. 3 Not with our fathers did the Lord make this covenant, but with us, who are all of us here alive today. 4 The Lord spoke with you face to face at the mountain, out of the midst of the fire, 5 while I stood between the Lord and you at that time, to declare to you the word of the Lord. For you were afraid because of the fire, and you did not go up into the mountain. He said: 6 “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. 7 “You shall have no other gods before me. 8 “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. 9 You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generation of those who hate me, 10 but showing steadfast love to thousands of those who love me and keep my commandments. 11 “You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain. 12 “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a

Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Leviticus 23:1-3

The Lord spoke to Moses, saying, 2 “Speak to the people of Israel and say to them, These are the appointed feasts of the Lord that you shall proclaim as holy convocations; they are my appointed feasts. 3 “Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the Lord in all your dwelling places.

Louis Berkhof

The mystical union with Christ also secures for the believer the continuously transforming power of the life of Christ. Not only in the soul, but also in the body. The soul is gradually renewed in the image of Christ, as Paul expresses it, from glory to glory, even as by the Spirit of the Lord. And the body is consecrated in the present, to be a fit instrument of the renewed soul, and will at last be raised up in the likeness of Christ's glorified body. Being in Christ, believers share in all the blessings which he merited for his people. He is for them a perennial fountain springing into everlasting life.

John Calvin

The apostle teaches that Christ dwells in our hearts through faith. Through this, believers gain Christ, abiding in them. In this way, the Lord intended, by calling Himself the bread of life, to teach not only that salvation for us rests on faith in His death and resurrection, but also that by partaking of Him, His life passes into us and is made ours, just as bread, when taken as food, imparts vigor to the body. This sacred partaking of his flesh and blood by which Christ pours his life into us as if it penetrated into our bones and marrow, he also testifies and seals in the supper.

Robert Bruce

Why then is the sacrament appointed? Not that you may get any new thing. but that you may get the same thing better than you had it in the Word, that we may possess Christ in our hearts and minds more fully and largely than we did before. Even if you get the same things which you get in the Word, yet you get that same thing better. We get Christ better.

R. C. Sproul

When the Bible calls God holy, it means primarily that God is transcendently separate. He is so far above and beyond us that he seems almost totally foreign to us. To be holy is to be other, to be different in a special way. The same basic meaning is used when the word holy is applied to earthly things. The things that are holy are things that are set apart, set apart from the rest. The one attribute of God that should inform our thinking about worship more than any other is His holiness. This is what defines His character and should be manifested in how we respond to Him.