

3rd COMMANDMENT:

THE SABBATH DAY

Guide _____

1. Read Exodus 20:8-11, Exodus 31:15, and Deuteronomy 5:12-15. Then tell in your own words exactly what this commandment requires.

Oh, no! More little lessons in biblical Hebrew! Notice how similar these three words look and sound:

שבע (sheba) = seven

שבת (shabath) = cease, rest

שַׁבַּת (shabbath) = Sabbath

2. Notice that Exodus and Deuteronomy give different reasons for keeping the seventh day as a Sabbath or day of rest. What are they?

Exodus: _____

Deuteronomy: _____

3. Why do you think God commanded the people to take one day of rest each week?

4. What happens to people who are so driven at work that they rarely take a break?

5. Christians don't keep the seventh day of the week, which is Saturday, as a day of rest anymore because now we have the first day of the week, which is Sunday, the day Jesus rose from the dead, as our special day. What do you think of that?

6. In the **Small Catechism** (page 197 in *The Lutheran Handbook*) read how Luther reinterpreted the Third Commandment to mean much more than just a day off. What broader meaning does he see in "keeping it holy"?

7. What does it mean . . .

. . . to "neglect God's Word"? _____

. . . to "regard it as holy"? _____

Play CATECHISM JEOPARDY (Remind players that an answer must be in the form of a question.)

1. In the third commandment, God instructed that this should be honored.
2. God instituted this on the seventh day of creation.
3. This was created because God values rest and rejuvenation.
4. This was created because God likes to spend time with us.
5. According to Jewish practice and belief, this begins at sundown on Friday.
6. Jesus got in trouble with these people for healing on the Sabbath.
7. This is one way to honor God's intention for the Sabbath.
8. The Sabbath provides a time of rest for these people.