

## Week 43: The Christian Sabbath

### Scripture Reading:

"Remember the sabbath day, to keep it holy." - Exodus 20:8

"On the first day of the week, when we were gathered together to break bread..." - Acts 20:7

### Opening Prayer:

Open in prayer by expressing gratitude to God for setting aside a day for rest and worship. Seek guidance on how to honor the Lord's Day in a way that pleases Him.

### Devotional:

The Christian Sabbath, also known as the Lord's Day, is a sacred time observed on the first day of the week. Unlike the seventh-day Sabbath of the Old Testament, Christians have historically gathered on Sunday to commemorate the resurrection of Jesus Christ. It serves as a weekly reminder of God's grace and our redemption through Christ. The day beckons us to step away from our daily grind and secular pursuits, offering a time to rest, reflect, and rejuvenate spiritually. By abstaining from secular labor and sinful recreations, and by engaging in both private and public worship, we honor God and prepare our hearts for the eternal rest promised to His people.

### Discussion:

1. Why is it important to set aside a specific day for worship and rest? (Genesis 2:3; Hebrews 4:9-10)
2. In what ways can we truly honor the Lord's Day, keeping it distinct from other days of the week? (Isaiah 58:13-14)
3. Reflect on the challenges faced in keeping the Lord's Day sacred. How can we overcome these challenges? (Nehemiah 13:15-22)

### Closing Prayer:

Ask God for the discipline and desire to observe the Lord's Day faithfully. Pray for wisdom to prioritize spiritual activities and for a heart that eagerly anticipates this weekly time of communion with Him.