



Third Commandment

Similar to the second commandment, the third also flows from the first. When we place God first in our lives, all aspects of life are reshaped accordingly. This reshaping would naturally include how we structure our time.

There is always time for anything we want to do, we just need to set that time aside, specific to that purpose, in order to ensure that the time is properly dedicated to that end.

The Sabbath was first modeled by God upon the completion of creation. God needed no rest for Himself. Yet, as a demonstration for His creation, God paused His activities on the seventh day. Later when establishing the structure of life for His people, Israel, God reminds them to remember the Sabbath. To remember the Sabbath, as it flows out of the first commandment, is to set aside this first day of the week for rest as well as the worship of our Creator.

Our rest and our worship of God are connected. Both are necessary to restore ourselves to a right place holistically for the coming week. This pause to reconnect to God and return thanks and praise to our Lord restores our relationship with God and one another. The Sabbath prepares us to return to the vocations that God has called us to throughout the week.

This means that our time in worship should be a joy rather than a burden. While we are replenished with the Sabbath pause, we should focus our worship of returning thanks to God rather than on what we think we ought to be receiving. When we focus on what we are getting out of worship, we erroneously place ourselves at the center, displacing God. When we focus on what we give as our worship to God, we find that what we receive from God is all the richer.

Thoughts for Reflection

What practices for remembering the Sabbath are the most restorative for you?

Remember the Sabbath day by keeping it holy.

What does this mean? We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.