

# Redeemer Lutheran Church

## 3<sup>rd</sup> Commandment

### I. Prayer

Blessed Lord, You have caused all Holy Scriptures to be written for our learning. Grant that we may so hear them, read, mark, learn and inwardly digest them that, by patience and comfort of Your holy Word, we may embrace and ever hold fast the blessed hope of everlasting life; through Jesus Christ, our Lord. Amen.

### II. Before You Begin

- ❖ What questions do you have about keeping the Sabbath?
- ❖ In the margin of your Catechism list all your questions pertaining to this topic.

### III. Into Luther's Small Catechism

- ❖ Read pages 74-80 of the Catechism.

### IV. Engage in Activity

- ❖ *Create*- Create a space in your room where God's Word has a special place that is set apart to show importance in your life.
- ❖ *Active*- Create a week-long calendar. List all activities on each day of the week. After completion of the calendar ask the following question: Where does God's Word fit into my week?
- ❖ *Reflect*- Do you find worship as a time of rest? Why or why not?

### V. Application

- ❖ *Know*- Keeping the Sabbath is for our sake. The Lord lifts our burdens and gives us rest through His forgiveness as He feeds us through His Word and Sacraments.
- ❖ *Do*- Set aside time this week to spend in the Scriptures and prayer to rest your soul.

### VI. Prayer

- ❖ Oh Lord, take us from anxiety to peace. Take us from burdened to freedom. Take us from loneliness to belonging. Take us from sadness to joy. Take us from sin into Your grace. Amen.

### VII. Digging Deeper (Other helpful resources on this topic)

All links listed below can be found at [redeemerjackson.org/grow/affirmation-of-faith](https://redeemerjackson.org/grow/affirmation-of-faith)

#### ❖ Videos

- [Luther's Small Catechism Study Videos-Third Commandment](#)
- [Sing the Faith-Third Commandment Song](#)

#### ❖ Podcasts

- [Remember the Sabbath-Thinking Fellows \(1517\)](#)
- [The Third Commandment-Outlaw God \(1517\)](#)

#### ❖ Reading

- Mark 2:23-28
- *Luther's Large Catechism* portion on the Third Commandment