

PT 522 Reformed Spirituality WSC / 2025	5 The Lord's Day Oasis in the Wilderness
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“...if you call the Sabbath a delight... then you will find your joy in the LORD”
 -Isaiah 58.13-14

I - Observing the Lord's Day

The Ongoing Validity of Sabbath

- A. *Protology*: The Doctrine of First Things (Gen 2.2-3; Exod 20.8-11)
 - The Sabbath is a “creation mandate”
- B. *Eschatology*: The Doctrine of Last Things (Heb 4.8-11)
 - Sabbath anticipates our eternal rest. God entered his. He calls us to join him and enter ours.
- C. *Christology*: The Doctrine of Christ
 - 1. The Lord's Day is the “Christian Sabbath” (Rev 1.10; Ac 20.7; 1Cor 16.2)
 - 2. The Lord's Day commemorates the resurrection & lordship of Christ (Mk 2.27f)

Lord's Day & “Weekend”

- A. Christian Grammar
- B. Christian Identity

II – Sanctifying the Lord's Day

How the Lord's Day is Sanctified (WCF 21.8; WLC 117; SC 60)

- A. The Sabbath is Already Sanctified (Holy) – Gen 2.3; Exod 20.8-11
- B. The Sabbath is to be *Made* Holy (“keep it holy”)
 - 1. Set it apart, made uncommon, devoted to God (Matt 6.9 - “Hallowed be your name”)
 - 2. A covenant “sign” (Exod 31.13)
- C. Through Worship & Rest

a holy resting all that day ... “spending the whole time in the... exercises of God’s worship...”

 - 1. Both are holy exercises
 - a. the “whole of the day”
 - b. Restraint. Recreation.
 - 2. Do not neglect (Heb 4.21-25)
 - 3. Exceptions: “works of necessity” and “works of mercy”

The Lord's Day is Sanctified through Self-denial

A. Explicitly (Isa 58.13,14; Lev 23.1f; 16.31)

Isa 58.13 - *"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words..."*

Lev 23.2f - *"These are my appointed feasts... Hold a sacred assembly and deny yourselves...²⁸ Do no work on that day...²⁹ Anyone who does not deny himself on that day must be cut off from his people...³² It is a sabbath of rest for you, and you must deny yourselves"*

Lev 16:31 - *It is a sabbath of rest, and you must deny yourselves; it is a lasting ordinance.*

B. Implicitly: Ten Commandments (compare 4th & 10th Commandments)

Deut 5.12 - *... seventh day is a Sabbath... On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey...*

Deut 5.21 - *You shall not covet your neighbor's wife. You shall not set your desire on your neighbor's house or land, his manservant or maidservant, his ox or donkey...*

1. The Sabbath denies us doing as we please (Isa 58.13)
2. The prohibition, “you shall not covet,” denies us doing as we please

The Lord's Day & Rest

A. Keeping the Lord's Day via Rest

1. Rest from work, pleasures, self & all that burdens/drains us
2. O.T. Feasts: Rest (“*deny yourself*”) – Isa 58.13; Lev 16.31; 23.2f
3. The Sabbath anticipates our eternal rest – Rev 14.13
- We look for the promised land

B. The Lord's Day & Your Faith

1. Biblical Terms

faith, believe, trust, accept, look to (Heb 12.2; Isa 45.22); *flee to* (Heb 6.18); *lay hold of* (Heb 6.18); *come to* (Mt 11.28; Jn 6.35); *receive* (Mark 10.15; Jn 1.12; Col 2.6); *rest on* (1Cor 2.5); *commit self to* (2Tim 1.12); *build on* (Eph 2.20; Col 2.7); *put on* (Gal 3.27); *eat/drink* (Jn 6.55f); *embrace* (Heb 11.13) – *seek & find refuge, set confidence, cleave*

- a. Variety = Complexity of heart’s functions: Mind, Desires, Will
- b. Trust is the heart of faith. Trust is 2-fold (*reflects heart’s will*)
 - i. Trust is *Committing* – the will resolving
 - ii. Trust is *Resting* – the will resigning
2. Trust is Resting
 - a. Trust is “*extraspective*” (*vs. introspective*)
 - looking outside yourself to find what is not within yourself
 - b. It is finding your resting place in Christ
3. The Lord's Day is for Your Faith

III – Enjoying the Lord’s Day

The Sanctification of the Sabbath is Self-Fulfillment

Isa 58.13 - “*If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly;* ¹⁴ *then you shall take delight in the LORD, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken.*”

- A. Who is the Lord’s Day for?
 - 1. The Glory of God
 - 2. The Good of God’s People (Mark 2.27 - *The Sabbath was made for man*)
- B. God promises not just to bless his day, but to bless his people
 - Preaching of the World (6 days) :: Preaching of the Word (1 day)

The Sanctification of the Sabbath Anticipates our Eternal Happiness

- A. We look for the Promised Land
 - 1. We long for rest from our enemy, and the tree of life in the Promised Land
 - 2. We long for Paradise—no more mourning and pain
- B. We look to Christ the Author and Finisher of our Faith
 - Our chief end is to glorify God and to enjoy him, forever!