



Text - Exodus 20:8-11; Romans 14:4-6; and Revelation 1:10
Teacher – Rev. Dr. Vonda Batts

LESSON OUTLINE

1. Remember the Sabbath (Exodus 20:8-11)
2. Liberty and Conscience (Romans 14:4-6)
3. In the Spirit on the Lord's Day (Revelation 1:10)

INTRODUCTION

These three passages—Exodus 20, Romans 14, and Revelation 1—show the journey of God's people learning to honor a day set apart for Him. Exodus gives the command. Romans gives the attitude. Revelation shows the experience. Together, they teach us that the Lord's Day is not just about a date on the calendar—it's about devotion, rest, worship, and encountering God.

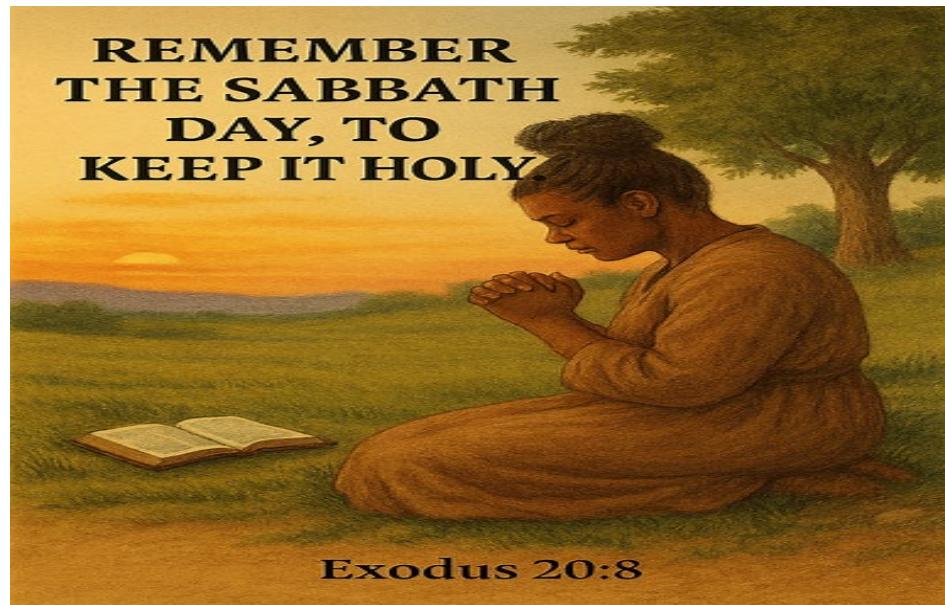
LESSON TEXT

I. **REMEMBER THE SABBATH (Exodus 20:8-11 (NIV))**

8. Remember the Sabbath day by keeping it holy. **9.** Six days you shall labor and do all your work, **10.** but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. **11.** For in six days the Lord

made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

- God commands His people to remember and keep holy a day of rest.
- The Sabbath is rooted in creation — God rested on the seventh day.
- The purpose: Rest, reflection, worship, and trust in God's provision.

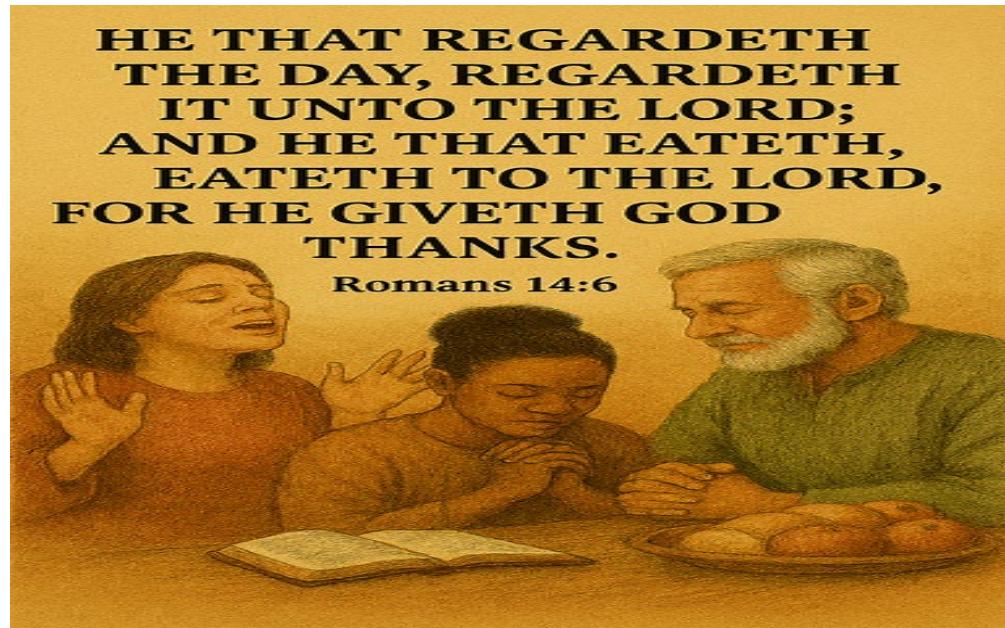


Application – Protect the Lord's Day. Guard it. Treat it as holy. Let it be a day that restores your soul and recenters your life on God.

II. LIBERTY AND CONSCIENCE (Romans 14:4-6 (NIV))

4. Who are you to judge someone else's servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand. 5. One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. 6. Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God.

- Believers may honor days differently.
- What matters is that each person is fully convinced in their own mind and honors the Lord with sincerity.
- Paul teaches unity, not judgment.



Application – Honor God with sincerity — and allow others the freedom to do the same.

III. IN THE SPIRIT ON THE LORD'S DAY (Revelation 1:10 (NIV))

10. On the Lord's Day I was in the Spirit, and I heard behind me a loud voice like a trumpet.

- John receives revelation while worshiping on the Lord's Day.
- The Lord's Day is a time for spiritual attentiveness, hearing God, and encountering His presence.

Application – Come to the Lord's Day with expectation.

IV. PRACTICAL WAYS TO HONOR THE LORD'S DAY

- Attend worship with expectation
- Set aside time for Scripture and prayer
- Limit unnecessary work
- Spend time with family
- Serve someone in need
- Practice gratitude and quiet reflection

V. CLOSING THOUGHT

The Lord's Day is not a burden — it is a blessing. It is God's weekly invitation to rest, worship, and reconnect with Him. Let us honor the Lord's Day with joy, gratitude, and devotion.

The Lord's Day

Lesson for February 15, 2026

Scriptures: Exodus 20:8-11, Romans 14:4-6, Revelation 1:10

Key Points

- **Remember the Sabbath:**

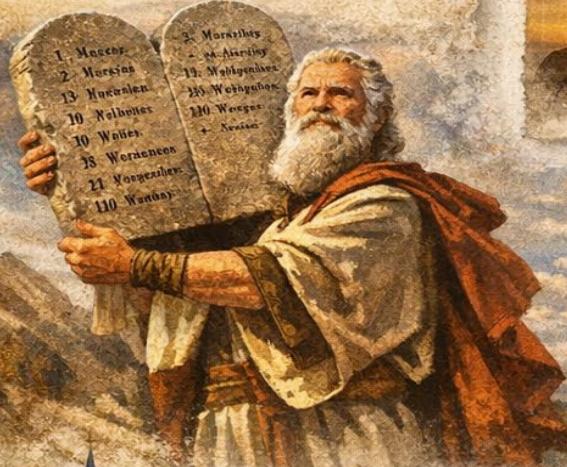
“Remember the Sabbath day, to keep it holy.” (Exodus 20:8-11)

- **Honor Personal Convictions:**

“Let each be fully convinced in his own mind.” (Romans 14:5)

- **In the Spirit on the Lord's Day:**

“I was in the Spirit on the Lord's Day.” (Revelation 1:10)



Application



- Rest and Worship:**

Take time to rest and focus on God.

- Renew Your Spirit:**

Spend time in prayer and scripture.



- Live for Christ:**

Honor God in all that you do.



A Day of Rest, Renewal, and Devotion

