

Hey there! Pastor Gerber here again. Welcome back.

Today we are moving on to the 3rd Commandment. But let's review. What are the first 2 Commandments? #1 You shall have no other Gods before me. #2 You shall not misuse the name of the Lord your God.

And #3 today: Remember the Sabbath day by keeping it holy. To understand this commandment, we first need make sure that we understand a couple of words: Sabbath and Holy. Sabbath means rest. Holy means set apart. But when we talk about rest, we don't simply mean relaxation. We're also talking about strength and energy that is found in and through God. Matthew 11:28 says Come to me, all who are weary and I will give you rest. Rest. Strength and energy Found in God. Remember the day of rest by setting it apart from the other days.

In the Old Testament, God set aside the 7th day as a day of rest. The first 6 days of creation, God created the earth and everything in it. Then, on the 7th day, God rested. Find a calendar. What day is the 7th day of the week? It's Saturday. The Sabbath in the Old Testament went from sundown on Friday to sunrise on Sunday. If you read Luke 24:1-2, you will see that Jesus was basically dead for the length of one Sabbath. He died on Friday afternoon and rose again on Sunday morning.

Leviticus 23:3 also reminds us to keep the Sabbath day holy. It says there are six days when you may work, but the seventh day is a Holy day, a Sabbath of rest and day of sacred assembly.

So, if the Sabbath was originally on Saturday, if God set aside the 7th day as a day of rest, why do we worship on Sunday mornings? As a remembrance of the day when Jesus rose from the day.

Notice, I said 'Go to worship,' and not 'Go to church'? I really don't like the phrase go to church when you're talking about going to the service that takes place on Sunday morning. 'Church' is people. It's the body of Christ. You and I, we make up the church. We often meet in a church building. We meet together to worship. But that's just me. You can say that we go to church instead of saying that we go to worship, if you want.

Speaking of worship, what is worship? Worship is an expression of the highest devotion to something or someone.

And there are 2 types of worship: gathered and scattered.

In gathered worship, we express devotion and love towards God together with other believers. This is what we do on Sundays. We worship together.

Then, there's scattered worship, where we express devotion and love towards God in our normal daily lives. We are scattered throughout our cities, states, countries, as we worship God by keeping his commands and spreading the Gospel. Do you remember what the Gospel is? The good news that Jesus died and rose again for the forgiveness of your sins.

Like we talked about earlier, gathered worship is what we typically do on Sunday. We worship on Sunday instead of Saturday as a remembrance of the day when Jesus rose from the dead. But, does it have to be on Sunday? No. We have a worship service on Wednesday evenings here at Trinity. I've been at other congregations that have worship services on Saturdays or Mondays too.

Are both types of worship, both gathered and scattered, necessary? Yes. It is necessary. It's necessary to be in worship with other believers. It is necessary to worship God on your own in your daily life. Both are good. Both are necessary. Even the Bible chimes in on this topic. Look at those 3 passages.

Hebrews 10 "Let us not give up meeting together."

Acts 2 "The devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer... every day they continued to meet together in the temple courts."

Romans 12 "Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices holy and pleasing to God – this is your spiritual act of worship.

The main point today is that we are to live a life of worship. It's not just about going to worship on Sunday, but living it every day of your life. That's all for today. As always, let me know if you have any questions! See you next time.

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