

Third Commandment: Remember the Sabbath day and keep it holy.

Read Mark 2:27-28.

In the Old Testament, the Sabbath day was designated to be on the seventh day of the week. On the Jewish calendar, the Sabbath day began at sundown (about 6 pm) Friday until sundown Saturday. In the Christian tradition, we teach that true rest and wholeness is found in the salvation of Jesus Christ. Since Sunday is 'Resurrection Day' (that is, an Easter celebration), our Sabbath is usually on Sundays.

The point is that we are all in need of rest and relaxation. We need a day to rest from our worries and stress that comes from our daily lives and entrust God with them so we can enjoy the blessings of the creation around us. After all, that's what God did. God created the world in six days and rested on the seventh. And God is all-powerful! God doesn't need any rest! But God rested anyway. And we are called to live in God's image.

Jesus often got in trouble from the religious leaders in his day because he didn't strictly observe the laws regarding the Sabbath day in his culture. Jesus insisted that the Sabbath isn't just a rule that we follow because we are 'supposed to'. The Sabbath is a gift that is given so we can share in God's grace with others.

Fourth Commandment: Honor your father and your mother.

Read Matthew 15:1-9.

Jesus criticized his critics for how they observed the command to honor their father and their mother. They observed this command by upholding the traditions that their forebears handed down to them, but they didn't go out of their way to support and love the elders who were living in their midst.

Honoring our parents means to love and support them, to cherish the wisdom and teachings that they have given us, to respect their reputations and not put them down before others, and to make sure they are treated justly in society. If we can't treat the people who mean the most

like this, then we probably aren't treating others with as much Christian love as we think we are either.

Close with this prayer:

Lord God, we give you thanks for your Word and the preaching of it. Help us to fear and love you so that we do not neglect your Word, but regard it as holy and gladly hear and learn it. And we give you thanks for our parents and all in authority in our lives. Help us to fear and love you so that we do not despise or anger others in authority, but help us to repent, obey, love, and serve them. Amen.