

Family Worship Guide
New Life Presbyterian Church
The Lord's Day: April 19, 2020

Call to Worship

Matthew 11:28-30

(all read together)

Jesus declared, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (ESV)

Opening Hymn

“A Mighty Fortress Is Our God”

(sing or read together)

A mighty fortress is our God, A bulwark never failing;
Our helper He amid the flood, Of mortal ills prevailing.
For still our ancient foe, Doth seek to work us woe—
His craft and pow’r are great, And, armed with cruel hate,
On earth is not his equal.

Did we in our own strength confide, Our striving would be losing,
Were not the right Man on our side, The man of God’s own choosing.
Dost ask who that may be? Christ Jesus, it is He—
Lord Sabaoth His name, From age to age the same,
And He must win the battle.

And tho this world, with devils filled, Should threaten to undo us,
We will not fear, for God hath willed, His truth to triumph thru us.
The prince of darkness grim, We tremble not for him—

His rage we can endure, For lo, his doom is sure:
One little word shall fell him.

(continued on next page)

That word above all earthly pow'rs, No thanks to them, abideth;
The Spirit and the gifts are ours, Thru Him who with us sideth;
Let goods and kindred go, This mortal life also—
The body they may kill; God's truth abideth still:
His kingdom is forever.

Prayer of Invocation

adapted from a Puritan Prayer

(head of household prays)

Heavenly Father, You commanded us to “Remember the Sabbath Day and keep it holy” and there can be nothing better than to praise Your name, O Lord, and to declare Your lovingkindness in the morning, on your holy and blessed Sabbath day! For it is Your command that we set aside this day to serve and praise You. We remember with thanks the creation of the world by the power of Your Word, and the redemption of humanity by the death of Your Son.

Help us to remember that the keeping holy of this day is a commandment which Your Own finger has written, that on this day we might meditate on the glorious works of creation and redemption, and learn how to know and keep the rest of your holy commandments. May our chief delight be to dedicate ourselves to Your Glory and honor, not our own ways or wills. May we celebrate with saints and angels in unspeakable joy and glory, to Your praise and worship, in your heavenly kingdom forevermore, Amen.

Q58: What is required in the fourth commandment?

A: The fourth commandment requires the keeping holy to God such set times as he hath appointed in his word; expressly one whole day in seven, to be a holy sabbath to himself.

Q59: Which day of the seven has God appointed to be the weekly sabbath?

A: From the beginning of the world to the resurrection of Christ, God appointed the seventh day of the week to be the weekly sabbath; and the first day of the week ever since, to continue to the end of the world, which is the Christian sabbath.

Q60: How is the sabbath to be sanctified?

A: The sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days; and spending the whole time in the public and private exercises of God's worship, except so much as is to be taken up in the works of necessity and mercy.

Q61: What is forbidden in the fourth commandment?

A: The fourth commandment forbids the omission or careless performance of the duties required, and the profaning the day by idleness, or doing that which is in itself sinful, or by unnecessary thoughts, words or works, about our worldly employments or recreations

Scripture References for Shorter Catechism Questions:

Q58: Ex. 31:13, 16-17

Q59: Gen. 2:2-3; Ex. 20:11; Mark 2:27-28; Acts 20:7; 1 Cor. 16:2; Rev. 1:10

Q60: Ex. 20:10; Neh. 13:15-22; Isa. 58:13-14 Ex. 20:8; Lev. 23:3; Luke 4:16; Acts 20:7 Matt. 12:1-13

Q61: Neh. 13:15-22; Isa. 58:13-14; Amos 8:4-6

The Lord's Prayer

(all pray together)

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts as we forgive our debtors. Lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory forever. Amen.

Open Prayer Time

(head of household reads)

At this time I invite your prayer requests and thanksgivings.

(allow some time for praying out loud, then read this or pray in your own words to close the time of prayer)

Almighty God, Who has given us grace at this time with one accord to make our common prayer to You; and has promised through Your well-beloved Son that when two or three are gathered together in His Name you will be in the midst of them: Fulfill now, O Lord, the desires and petitions of Your servants as may be best for us; granting us in this world knowledge of Your truth, and in the world to come life everlasting. Amen.

Confession of Sin

Psalm 69:5-6

(all read together)

“O God, you know my folly; the wrongs I have done are not hidden from you. Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.” (ESV)

Meditation

(Here we pause in silence to meditate upon our sin and need for forgiveness.)

Assurance of Pardon

Ephesians 1:7-10

(head of household reads)

“In Christ we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.” (ESV)

Hymn of Grace

“When I Survey the Wondrous Cross”

(sing or read together)

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ, my God;
All the vain things that charm me most—
I sacrifice them to His blood.

See, from His head, His hands, His feet,
Sorrow and love flow mingled down;
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?

(continued on next page)

Were the whole realm of nature mine,
That were a present far too small:
Love so amazing, so divine,
Demands my soul, my life, my all.

Scripture Reading

Exodus 20:8-11

⁸ “Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” (ESV)

Deuteronomy 5:15

You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day. (ESV)

Exodus 23:10-12

¹⁰ “For six years you shall sow your land and gather in its yield, ¹¹ but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard.

¹² “Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.” (ESV)

Sermon

“The Fourth Commandment: Resisting Rest”

(Note: now play the CD/DVD of Pastor Jared’s sermon or follow the link below)

<https://www.youtube.com/channel/UCIHXL9a70hprumUJOMnSmXw>

Homepage: www.newlifehopewell.com

Facebook: <https://www.facebook.com/newlifehopewell/>

Closing Hymn

“Blessed Be Your Name”

(sing or read together)

Blessed Be Your Name, In the land that is plentiful
Where Your streams of abundance flow, Blessed be Your name

Blessed Be Your name, When I'm found in the desert place
Though I walk through the wilderness, Blessed Be Your name

*Bridge: Every blessing You pour out, I'll turn back to praise
When the darkness closes in, Lord, Still I will say*

*Chorus: Blessed be the name of the Lord, Blessed be Your name
Blessed be the name of the Lord,
Blessed be Your glorious name*

Blessed be Your name, When the sun's shining down on me
When the world's 'all as it should be', Blessed be Your name

Blessed be Your name, On the road marked with suffering
Though there's pain in the offering, Blessed be Your name

(Bridge/Chorus)

*Optional Ending: You give and take away, You give and take away
My heart will choose to say,
Lord blessed be Your name. (Chorus)*

(head of household reads)

“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; 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.” (ESV)

Amen.

Table Talk

(These are questions to talk about over the dinner table, or for your own devotions, based on the text and sermon this week)

- 1) Why are we so resistant to God's blessing of a Sabbath rest?
- 2) What did God do when Israel neglected Sabbath rest of the land for 490 years?
- 3) What blessings are given by observing God's Day? What blessings have you experienced on the Lord's Day? What have you missed out on?
- 4) Who is equivalent to our "servants" today that are made to work for unnecessary commerce?
- 5) Did Jesus observe the Sabbath? What did it mean that He was Lord of the Sabbath?
- 6) How does Jesus ultimately fulfill the Sabbath?

Dive Deeper

- 1) Do you believe that today in America, we are more like the Pharisees in Matthew 12 or the Israelites in Nehemiah 13 in our problem with the Sabbath?
- 2) What spiritual activities do you wish you had time to do? [Are there any spiritual books to read, songs to sing, time set aside for prayer, family worship, Bible Reading, listening to sermons?]
- 3) Record a schedule of your Sundays.
 - a. How much of the time is used in preparation [to go somewhere, to make a meal, cleaning etc]?
 - b. How much time is used for recreation and entertainment [watching or participating]?
 - c. How much time is used in "holy" activities?
 - d. After doing this, would you say that you are using the day as set apart to God?