

Objective The confirmands know how to keep the Sabbath holy. They know how to prepare themselves for every divine service and the benefits associated with this.

Contents Sanctification of the soul.
Keeping the Sabbath holy.
Sanctification as preparation for the divine service.
How is a Sunday for me?
The Third Commandment.

CNAC-QA 316; 320, 321

1 Lead-in

Explain (homework)

At the beginning of the lesson the confirmation teacher discusses the homework with the children. The following are holy: prayer, sealing, altar, God's word, communion, and baptism. The following are earthly: school, food, football, organ, sleep, and birthdays. He then comes back again to the concept 'holy' as discussed in lesson 6:

- **God's presence creates holiness.**
- **'Holy' means being separated from that which is earthly and mundane; it means dedicated to God.**

2 The divine service

Explain

As we saw in lesson 6 God's presence creates holiness. Every divine service is holy because God is present.

Ask

How does God sanctify us in a divine service?

Workbook exercise B

The confirmands should now do exercise B in their workbook. They provide the correct concept for each of the four descriptions. Afterwards the answers are to be discussed.

Listen to answers and discuss

God sanctifies us through

- **the word of the sermon,**
- **the forgiveness of sins,**
- **Holy Communion,** and
- His **blessing** (the benediction)

God wants to sanctify us

Through the divine services the Lord seeks to sanctify us and make us worthy for the future. We are to become more and more like the Lord Jesus. **“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ”** (1 Thessalonians 5: 23).

Ask

For which goal does God want to sanctify us?

Listen to answers and summarise

Through the Holy Spirit God wants to form and shape our souls so that as a worthy bride we can be caught up at Christ’s return. Let us act in accordance with the words: **“As He who called you is holy, you also be holy in all your conduct”** (1 Peter 1: 15).

3 Keep the Sabbath holy

A student reads aloud

Remember the Sabbath day, to keep it holy.

Explain

The Sabbath

God commanded the Israelites to keep the seventh day of the week (the Sabbath) holy. The Sabbath was the Lord’s day, a day of rest on which no work was to be done (cf. Exodus 20: 8–11). This day is God’s gift to human beings so that they can rest from their work and consciously turn to their Creator, can remember His works, and honour Him with praise and thanks (cf. Psalm 92: 1–6). As Christianity spread the first day of the week found acceptance as the Lord’s day. According to the Gospels this is the day on which Jesus Christ resurrected. By hallowing Sunday as the Lord’s day we also remember Jesus Christ’s resurrection from the dead. (In many languages the word for Sunday is ‘the Lord’s day’.)

The Lord’s day

Ask

How do we keep the Sabbath holy?

Elaborate on answers through further questions

– When and how do we prepare ourselves for Sunday?

We set aside that which is earthly

We want to experience Sunday as a day of grace and blessing provided by God. To make this possible we prepare ourselves accordingly. This means that on the previous day we already concern ourselves with Sunday. On Saturday evening we attune ourselves to the divine service through spiritual discussion and by reading suitable publications. Through such preparation the divine service becomes the highlight of the Sunday.

– What should we do on Sunday?

The divine service is the most important event

We want to be aware of how significant Sunday is for us. The divine service is the most important event! Do not draw up a list of activities that are permitted and those that are not. Rather the following is to be made clear to the confirmands: we want to keep the Lord’s day holy. Whatever we do on Sunday is our personal responsibility. We ought to ask ourselves whether our plans for the time before and after the divine service are suitable for a day which is dedicated to the triune God.

KEEPING THE SABBATH HOLY - 3RD COMMANDMENT

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*Preserving our
peace and joy*

We must ensure that we do not lose the peace and joy we received in God's house and that the divine service can have its full impact.

The main points

I also want to keep the Sabbath holy!

Homework

The confirmands learn the Third Commandment by heart. They read Matthew 10: 32 and solve exercise A of lesson 8 in their workbooks.