

**Third Commandment**  
**Remember the Sabbath and keep it holy.**

**Read Exodus 20:11, Mark 2:26-28, Luke 10:38-42**

1. Martin Luther wrote that God did not give the Ten Commandments for Christians to observe (See Luther's Large Catechism). They were specifically given to the people of Israel through Moses. Does this surprise you? Is it something you've thought about or heard before?
2. As you think about this, think about who it is that determines a Christian's relationship with God. Does Moses dictate a Christian's relationship with God?
3. If the Commandments weren't given for Christians to observe, and so they do not affect our standing before God (our righteousness) why do you think Christians learn them? In other words, what are they good for?
4. List the variety of ways you have understood, or you know others have understood, what is meant by "hallow the day of rest?" Which of these understandings make you feel burdened and which offer you freedom?
5. What do you think of when you hear the word "holy?" After watching the video, discuss any differences between your understanding of the word holy and the word holy as it is depicted in Scripture.
6. Reading Luther's explanation of the Third Commandment in the Small Catechism, how do we "keep holy" the day of rest? Is it kept "holy" by the clothes we wear or the work we do or don't do? Something else?
7. What role does a pastor/preacher play in keeping the day holy?
8. Read the story of Mary and Martha, Luke 10: 38-42. Discuss how this text helps inform your understanding of the Third Commandment.