

# CONFESSING OUR FAITH

## westminster larger catechism

### **Q 117. How is the Sabbath or the Lord's Day to be sanctified?**

**A** The Sabbath or Lord's Day is to be sanctified by an holy resting all the day,<sup>1</sup> not only from such works as are at all times sinful, but even from such worldly employments and recreations as are on other days lawful;<sup>2</sup> and making it our delight to spend the whole time (except so much of it as is to be taken up in works of necessity and mercy<sup>3</sup>) in the public and private exercises of God's worship;<sup>4</sup> and, to that end, we are to prepare our hearts, and with such foresight, diligence, and moderation, to dispose and seasonably dispatch our worldly business, that we may be the more free and fit for the duties of that day.<sup>5</sup>

1. Ex. 20:8, 10. 2. Ex. 16:25–28; Jer. 17:21–22; Neh. 13:15–22. 3. Matt. 12:1–5; 6–13. 4. Isa. 58:13–14; Luke 4:16; Acts 20:7; 1 Cor. 16:1–2; Lev. 23:3; Ps. 92; Isa. 66:23. 5. Ex. 20:8; Luke 23:54, 56; Ex. 16:22, 25–26, 29; Neh. 13:19.

### **Q 118. Why is the charge of keeping the Sabbath more specially directed to governors of families, and other superiors?**

**A** The charge of keeping the Sabbath is more specially directed to governors of families, and other superiors, because they are bound not only to keep it themselves, but to see that it be observed by all those that are under their charge; and because they are prone oftentimes to hinder them by employments of their own.<sup>1</sup>

1. Ex. 20:10; Ex. 23:12; Josh. 24:15; Neh. 13:15–17; Jer. 17:20–22.

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