

## “How to Keep the Sabbath Holy” ~ Thomas Manton

Keeping the Sabbath day holy. It is a sure mark of an ungodly person to be a Sabbath-breaker, as a conscion-ableness to celebrate it to God's glory is both a mark and a work of godliness. It is the description of the godly eunuch, Isa. 56:4, “Thus saith the Lord to the eunuchs that keep my Sabbaths, and choose the things that please me, and take hold of my covenant.” Mark, it is one of the chiefest things that is taken notice of there, the observance of God's own day. If you would exercise yourselves to godliness, this is a great means. ***Profaning the Lord's day*** is the cause of profanes all the week after; and so a ***careless keeping the Lord's day*** is the cause of the carelessness and formality you are guilty of in the business of religion. God hath appointed this day for a repose for the soul, that by a long uninterrupted continuance in worship, it might be more seasoned, and fit to converse with God all the week after. Doet thou love Christ? Then observe his day. Ignatius calls it the queen of days. The primitive Christians were very careful of the Sabbath, they would run all hazards rather than not keep the Sabbath day. When thy were accused as guilt of Sabbath-violation, they would answer, I am a Christian, how can I choose but love the Lord's day? This is the day wherein we do most solemnly and publicly profess the worship of God; therefore it is to be celebrated with all care Thus much for the description of godliness from the disposition of the heart, and the duties about which it is conversant.