City Gates Church
Pastoral Note on the Christian Sabbath
Approved by the Elder Body – March 30, 2025

We affirm that the Christian Sabbath, the Lord's Day, is to be set apart for rest, worship, fellowship, and devotion to God. This day is a gift to God's people, grounded in creation and fulfilled in Christ's resurrection. We understand the Fourth Commandment to remain binding in its moral obligation to set apart one day in seven for worship and rest.

We also affirm, with Christ and the historic Reformed confessions, that works of necessity and mercy are lawful and appropriate on the Lord's Day (Matthew 12:1–13; Mark 2:27). These include vocations or acts that preserve life, alleviate suffering, or serve others when such duties cannot rightly be delayed. Those called to such work are encouraged to honor the day in spirit, rest when able, and keep it holy to the Lord in heart and conduct.

Regarding recreation, members are encouraged to order their lives in such a way that the Lord's Day remains a day of sacred delight rather than worldly distraction (Isaiah 58:13–14). While not all leisure is sinful, recreation that regularly causes one to neglect the gathered worship of the church is inconsistent with the purpose and rhythm of the day. In such cases, we urge one another to evaluate what our habits say about our priorities and affections. As elders, we do not seek to bind the conscience beyond what Scripture commands, but we do exhort the church to honor the Lord's Day as a day of joy, worship, and renewal.