

Exodus 20:8-11

⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Mark 2:27-28

²⁷ And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

Mark 3:1-6

¹ Again he entered the synagogue, and a man was there with a withered hand. ² And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. ³ And he said to the man with the withered hand, “Come here.” ⁴ And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. ⁵ And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶ The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

Hebrews 4:8-10

⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

Series: God's Story: Finding Our Place in His Unfolding Plan

March 26, 2017 – Exodus 20: Sabbath – Resting in God's Work

All 9 of them?

In reflecting on the 10 commandments and law, is your typical response to fight (religious legalism) or flight (avoidance)?

How does Jesus silence the legalists? (Matthew 5)

How does Paul silence the lawless? (Romans 6-8)

What is your experience with Sabbath? How do you react to the idea? Does it appear to be an obligation? A bother?

A Day to Remember

Why were the Israelites given the Sabbath? What was their main task on the day? Why? What good would this accomplish? (Exodus 20:8-11, Deuteronomy 5:12-15)

In the New Testament, which dangers are we freed from? And what purpose is given for Sabbath? (Mark 2:23-3:6, Colossians 2:16-17, Hebrews 4:1-10)

A Spiritual Trellis

What rhythm is built into creation, and how does Sabbath compare?

What analogies are helpful for picturing what Sabbath could look like for you?

Come to Jesus, and Find Rest

Would you say that your relationship with God is characterized by rest? Is the focus on what He's done, or what you must do?

Do you feel free to come to Him and rest, or would you expect to receive condemnation, or a to-do list?

As we celebrate communion, reflect on Hebrews 10:19-25 and Matthew 11:28-30.