

The 10 Commandments: Sabbath Keeping

Reflect

1. What does it mean to you to relax and be renewed?
2. Name some ways you relax and rest.
3. When was the last time you intentionally took a whole day to rest?

Read Your Bible

- Deuteronomy 5:12-15
- Mark 2:24-28

Apply God's Word to Your Life

1. Sabbath in Hebrew means "to rest." In Deuteronomy, Israel is commanded to weekly observe a day of rest. How is a day of rest a gift from God?
2. How might a day of rest feel like a burden?
3. In Deuteronomy 5 what is the reason given for keeping the Sabbath?
4. If the Sabbath is a day for us to give "to the Lord," what sort of activities would honor and highlight God's goodness, provision and salvation?
5. In the Gospel of Mark, Jesus says that the Sabbath was created for man, not man for the Sabbath. Why does this distinction matter?
6. Why would it be good for a person's soul and life to observe a whole day of Sabbath "for the Lord?"
7. Rabbi Abraham Joshua Heschel writes, "Sabbath is the most precious present humankind has received from the treasure house of God." (*The Sabbath*, New York: Farrar, Straus, and Giroux, 1951) What holds you back from receiving God's gift of Sabbath?
8. Imagine if you were able to spend a whole day resting with the Lord, how would you spend that time?

Conclusion

It's hard to imagine in our fast-paced world taking a whole day once a week to give to the Lord. The demands and pressures of life build up. Reasons to push God and rest to the sidelines increase. God created the Sabbath to help us find rest from daily pressures, regain perspective and be renewed by the Holy Spirit. If we do not stop every 7 days to rest in God and be renewed by Him we run the risk of burnout, unable to bring the best of ourselves to any relationship or situation. When we are able to carve out Sabbath rest to worship and connect with the Lord, God realigns our hearts and lives to live more fully as His children, helping us to receive His grace in fuller measure. What a precious gift!

Pray

Lord of All Creation, you spoke all that is into being in six days and on the seventh day you rested. You call us to follow your example and rest in you every week, to be renewed by your life-giving Spirit. Build in each of us a greater desire to seek more time with you in worship and rest. Help us to invite those around us into the rhythm of Holy Sabbath rest. In Jesus' name. Amen.