



**“The Sabbath Was Made for Man”
Pastor’s Choice**

Thoughts from the Next Generation:

My Personal Sabbath Story:

The Right Context of Sabbath:

Genesis 2:2-3 – “And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done.”

Sabbath=Hebrew Shabbat:

“God, who doesn’t need sleep or a day off or a vacation, who doesn’t get tired or worn down or grouchy, who is without parallel to any other being in the universe, rested...I want you to remember that we are made in his image...God works, so we work. God rested, so we rest.” -John Mark Comer

“All work—paid and unpaid—is good, but it needs to be boundaried by the practice of Sabbath.” -Peter Scazzero

Mark 2:27 - “The Sabbath was made for man, not man for the Sabbath.”

“Biblical Sabbath is a 24-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.” -Peter Scazzero

“Slow down long enough to enjoy life with God.” -John Mark Comer

How Do We Sabbath?

Exodus 20:8 – “Remember the Sabbath day, to keep it holy.”

Exodus 20:11 – “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.”

Rest & Worship:

Ephesians 5:15-16 – “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”

Why Should I Sabbath?

Matthew 11:28-30 – “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

“In this truth lies the secret of the easy yoke: the secret involves livings as Jesus lived in the entirety of his life—adopting his overall lifestyle...” -Dallas Willard

“People who keep sabbath live all seven days differently.” -Walter Bruggemann

“We all come to Sabbath, voluntarily or involuntarily...Sabbath is coming for you, whether as delight or discipline.” -John Mark Comer

“God often does stop us when we repeatedly violate our limits and disregard our need for rest.” - Peter Scazzero

What Does This Look Like for Me?

John 1:46 – “Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.”

DISCUSSION QUESTIONS:

1. What did you find new, helpful, or confusing about today’s message?
2. Before today, what would you have thought when you hear the word Sabbath?
 - 2a.) Did your thoughts or opinions change at all?
3. Do you think Sabbath is something that Christians should still practice today? Why or why not?
4. Do you think it would be a net gain or net loss for society at large if everyone Sabbath one day a week?
5. Are you open to trying out a 24-hour Sabbath for the next 4 weeks? Why or why not?
 - 5a.) If so, what do you think the results will be?