

Sermon Guide and Discussion Questions

Enjoying Sabbath Rest – Genesis 2:1-3

Sermon Outline

1. Introduction – illustration of college professor's comments
2. Understanding Sabbath Rest
 - a. Sabbath Rest Given
 - b. Sabbath Rest Commanded
 - c. Sabbath Rest Fulfilled
3. Embracing Sabbath Rest
 - a. Practicing Sabbath Rest
 - b. Delighting in Sabbath Rest
4. Conclusion – four simple truths to remember as we practice and delight in Sabbath rest

Scripture Passages Referenced

- Genesis 1:1 – In the beginning, God created the heavens and the earth.
- Psalm 121:4 – The Lord neither slumbers nor sleeps
- Mark 2:27 - The Sabbath was made for man, not man for the Sabbath.
- Exodus 20:8-11 - Remember the Sabbath day, to keep it holy...
- Deuteronomy 5:15 - You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.
- Matthew 11:28-30 - Come to me, all who labor and are heavy laden, and I will give you rest...
- Acts 20:7 and 1 Corinthians 16:2 – gathered on the first day of the week
- Hebrews 4:9-10 - So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.
- Hebrews 4:11 - Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.
- Isaiah 58:13-14 - If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight...and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken.
- John 19:30 – It is finished.
- Philippians 1:6 - He who began a good work in you will carry it on to the day of completion.

Discussion Questions

- How do you view work and rest?
- Why is it so important to see that God rested on the seventh day?
- What does it mean that God blessed the seventh day and made it holy?
- How does the fourth commandment better help us understand what God desires from us?
- What was it about Jesus that shifted the Sabbath from Saturday to Sunday?
- In what ways does Jesus fulfill Sabbath rest for us?
- How is our Sabbath rest both present and future?
- Why is it important for us to work hard on six days so we can rest in the Lord on Sundays?
- What work and recreation do you believe the Lord is calling you to cease so that you can delight in Sabbath rest on Sunday?
- What are some practical things you can do so that you can truly rest in the Lord on Sundays?
- Which of the four truths mentioned at the end of the sermon do you most need to remember as you practice and delight in Sabbath rest?
- How does this passage and sermon make you more thankful for Jesus?
- How does Sabbath rest remind us of our desperate dependence upon God?