

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

### CLOSE IN PRAYER

## LIVING IN THE LAND BETWEEN

### “Keep the Sabbath Holy”

*“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”*

Exodus 20:8-11 (NLT)

“**Shabbat**” means “to rest”

*“You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.”*

Exodus 16:26 (NLT)

*“So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he **rested** from all his work. And God blessed the seventh day and **declared it holy**, because it was **the day when he rested from all his work of creation.**”*

Genesis 2:1-3 (NLT)

*“Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”*

Deuteronomy 5:15 (NLT)

*“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord’s Sabbath day, and it must be observed wherever you live.”*

Leviticus 23:3 (NLT)

The sabbath isn’t merely a day of inactivity, but a day of special activity!

*“The Lord then gave these instructions to Moses: “Tell the people of Israel: ‘Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the Lord, who makes you holy.’”*

Exodus 31:13 (NLT)

*“You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord. Anyone who works on the Sabbath must be put to death.”*

Exodus 31:15 (NLT)

## 5 details about the Sabbath:

1. The Sabbath is the 7th day of the week.
2. It's a day set apart and made holy by God (at Creation).
3. It was a sign of God's covenant with His people.
4. It was an official day for holy assembly.
5. The punishment for violating the Sabbath was death.

The Sabbath is Saturday

*"This all happened on Friday, the day of preparation, the day before the Sabbath."*  
Mark 15:42 (NLT)

As a Christian today, should I still observe the Sabbath? Yes, but NOT in the same way the Israelites observed it.

*"Now, dear brothers and sisters—you who are familiar with the law—don't you know that the law applies only while a person is living?"*  
Romans 7:1 (NLT)

*"So, my dear brothers and sisters, this is the point: You died to the power of the law when you died with Christ."*  
Romans 7:4 (NLT)

*"But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit."*  
Romans 7:6 (NLT)

*"In the same way, some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable."*  
Romans 14:5 (NLT)

*"So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. 17 For these rules are only shadows of the reality yet to come. And Christ himself is that reality."*  
Colossians 2:16-17 (NLT)

*"Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. 28 So the Son of Man is Lord, even over the Sabbath!"*  
Mark 2:27-28

By observing a day of physical and spiritual rest.

## 3 Things I encourage you to do on your Sabbath

1. Physically rest from work
2. Spiritually rest from works
3. Get spiritually refreshed!