

SERMON STUDY



REFLECT

1. Are you ever tempted to view rest as a punishment? Is Sunday gathering an afterthought or a highlight of your week?
2. What do you know about the term “Sabbath” in the Bible?

ENCOUNTER

“If you are led by the Spirit, you are not under the law” (Galatians 5:18). Christians are free from the law, and so we are free from keeping the Sabbath. But the foundation of the Sabbath was before the law and principles of Sabbath continue to shape the church age after Israel. In the middle is the finished work of Christ. We are able to find true rest when we cease striving in our own labors and believe in the work of Christ.

Discuss key passages on the Sabbath in both the Old and New Testaments.

3. According to Genesis 2:3, what is the pattern for the Sabbath?
4. What did Jesus teach about the Sabbath in Mark 2:26-27?
5. According to the Ten Commandments in Exodus 20:8-11, what day is the Sabbath? What were the Israelites to do and not do?
6. According to Acts 20:7 (or 1 Corinthians 16:1-2), what day of the week did the Christians gather to worship? Why did they make the switch?

7. Compare Romans 14:5-6 and Colossians 2:16-17. Are Christians required to observe the Sabbath? How should we treat one another when we disagree?

TRANSFORM

8. What types of activities might contradict what you learned about Sabbath rest from the sermon and study?
9. What types of activities uphold the principles of Sabbath rest?
10. True rest often requires planning and preparation. What do you fail to plan that prevents you from making the most of a “Sabbath?”

PRAYER REQUESTS

“Come to me, all of you who are weary and burdened, and I will give you rest.”

~ Matthew 11:28 ~