



REFLECT

1. What was most restful and most stressful during the holidays?
2. What blind spots or sins did this week's sermon expose?

ENCOUNTER

The Old Testament commanded the nation of Israel to remember the Sabbath. They were to rest and remember on the seventh day of the week. The Sabbath laws were ultimately fulfilled by Jesus who provides ultimate rest. So the Church is not bound by Sabbath laws. Nevertheless, rest is still important because it is both before and beyond the law. Discuss the following passages together.

3. Read Genesis 2:1-3. What is the biblical foundation for a weekly rhythm of work and rest?
4. Read and study on Matthew 12:1-19. Why were the leaders upset at Jesus? Does this line up with the spirit and letter of the Sabbath laws?
5. What spirit had the Pharisees missed as they sought to uphold their interpretation of the "letter of the law?" What is Jesus' relationship to the Sabbath?

6. Right before this confrontation about the Sabbath, Jesus taught about the true source of rest. Read and reflect on Matthew 11:28-30, contrasting it to the Pharisees.

TRANSFORM

7. Our world is full of false imposters for rest. Netflix, infinite scrolling phones, dare we say social media or TV sports (which can be good things), often promise rest but only provide distraction. What imposters for rest do you substitute for real rest?
8. It's often been observed that true sabbathing is resting *and* remembering. What does that mean and why is it important to rest and remember?
9. Finish this thought: this week, in order to rest in Christ and receive rest for my soul and body, I plan to...

PRAYER REQUESTS

*In the ark, the weary dove
Found a welcome resting-place;
Thus my spirit longs to prove
Rest in CHRIST, the ark of grace:
Tempest-tossed I long have been,
And the flood increases fast;
Open, LORD, and take me in,
Till the storm be overpast.*

~ John Newton, Hymn 14 ~