

IN THE WORLD • SABBATH PEOPLE

CONNECT

I am assuming that there are four kinds of people in your circle right now: *Experienced Sabbath keepers, new Sabbath keepers, former Sabbath keepers, and future Sabbath keepers.*

1. If you're one of the first two groups, share a favorite Sabbath memory with your group. If you're a former Sabbath keeper, share anything you may remember, good or bad. If you're don't keep the Sabbath yet, feel free to ask a question about Sabbath keeping.

ENGAGE

Read Exodus 20:8-11 and Deuteronomy 5:12. Sabbath we celebrate the finish work as creator (Exodus) and savior (Deuteronomy). On Sabbath we celebrate, not what we do, but what he has done.

On Sabbath, we identified the social layers of the time within the Sabbath commandment.

You
Son & Daughter
Male Servant & Female Servant
—————**Livestock**—————
Foreigner

While we do not believe God places one person over another, we do see how God, through the Sabbath, is showing people how to

live within that broken order. *The Sabbath humbles the elevated, and elevates the humbled.*

2. What does it mean that the Sabbath is “the great equalizer?”

Keeping the Sabbath is not a suggestion—it’s a command. And *Sabbath People* do two things in order to observe the Sabbath: We *stop* and we *lift*.

3. What does it mean to *stop* on the Sabbath?

Sabbath People don’t just stop. We also help others stop. We help others rest. And we do so by lifting other’s burdens.

4. What does it mean to lift another’s burden on the Sabbath?

It’s important to understand that unless we are doing both, *stopping* and *lifting*, we are not truly keeping the Sabbath.

So, let’s be *Sabbath People!* Let’s put work, school, TV, and chores aside next Sabbath and just stop and celebrate God’s finished work. Let’s lift someone’s burden, and proclaim that there is a God who is maker and savior, and who loves and cares for everyone *in the world...*

CHALLENGE

What can you do as a group to lift someone’s burden this next Sabbath?