

SESSION 6: WHAT IS THE SABBATH?

- **Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes**
- **Session #6 Teaching: What Is the Sabbath?: 10 minutes**

Why Did God Command a Day of Rest?

Sabbath essentially means "a day of rest." God commanded a day of rest because He wants His followers to trust Him. Taking a Sabbath can spiritually keep you from idolizing work and busyness. Physically, taking a Sabbath helps rejuvenate and provides your body necessary rest.

In **Exodus 20:8-11**, the Bible encourages us to keep the Sabbath holy.

"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

This instruction is found within the Ten Commandments. The previous commandments, seem to come in the fashion of a list, while here, Moses pauses and provides more of an explanation regarding Sabbath:

- People work six days a week. (**Exodus 20:9**)
- On the seventh day, no one should work. Not your daughter, son, cattle, etc. (**Exodus 20:10**)
- God, when creating the world, took a day off to rest, so why can't you? (**Exodus 20:11**)

During this Foundational Study, dive into the significance of Sabbath, how the idea had gotten skewed during Jesus' time, and what it looks like for Christians today to choose healthy rest.

Small Group Discussion: 20 minutes

• How do YOU keep the Sabbath holy today?

• Read *Matthew 12:1-14*. At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat (had to get their Wheaties). Watching this take place, experts of the law (Pharisees) raised their concern. Jesus quickly points out these experts of the law were misunderstanding the heart behind the rest. He ultimately revealed, that true spiritual rest is found in Him: the Lord, the Son of God, and God in human form.

• Many people have treated the Sabbath so rigidly that they miss the whole point. It is not a problem just today. It was way back in Jesus' time. What made them so angry about what Jesus did here? This group of people, the Pharisees, held onto power by being the ones who held the law over people's heads. If Jesus was going to turn that system upside down this represented not just an upheaval of what they had always known, but it would usurp their power. They controlled people's lives with these laws. The Pharisees literally made hundreds of rules that detailed how to do the Sabbath. The religious leaders took the simple law of remembering the Sabbath and keeping it holy and used it for their power and prestige and control.

•Christians treat the Sabbath differently now than those who lived before Christ. Has theology changed or are we not applying it anymore? The Apostle Paul grants insight as to why the Sabbath is not practiced the same as it was before Christ came in human form: "Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ" (Colossians 2:16-17). Rest is important. God still desires His believers to choose a balanced life, which includes physical rest. Spiritual rest can be found only in Jesus. Rest is meant to be a tool that provides relief, prevention from burn out, a weapon against stress, a time for what is important, and ultimately, a time for investing in your relationship with the Lord.

Small Group Wrap-Up: 10 minutes

•What were the biggest take-aways and action items from your small group time?

•What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?

Discuss This Week's Homework: 5 minutes

SESSION #6

WK. 6 DEVO 1

Read Exodus 20:1-21

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #6

WK. 6 DEVO 2

Read Matthew 12:1-14

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #6

WK. 6 DEVO 3

Read Mark 2:23-28

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #6

WK. 6 DEVO 4

Read 1 John 5: 1-12

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?
