

SESSION 7:

WHY DID GOD GIVE US THE SABBATH?

• *Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes*

• *Session #7 Teaching: Why did God give us the Sabbath?: 10 minutes*

God seems to mandate a Sabbath for a number of reasons:

1. God wants you to trust Him.

When the Israelites wandered the desert before they reached the Promised Land, God would make manna, a bread-like substance that would give them sustenance, and quail rain from the sky (Exodus 16). Every day they would go out and collect that day's rations and only that day's rations. Any extra they tried to collect would spoil by the morning. On the sixth day, God commanded them to gather twice as much so they would not work to get their food on the seventh day. God wants you to trust Him, just as we see demonstrated by the Israelites for sustenance outside of their control. He will provide for you, even if you choose to rest one day of the week.

2. You will fall apart if you don't rest.

There were also practical reasons God commanded rest on the Sabbath. Those who work without taking a break will encounter physical exhaustion and breakdown. You are not meant to work nonstop. When you work seven days a week, you exhaust your brain and will be unable to work well. You become more stressed and wear yourself out to the point we become susceptible to more physical and emotional illnesses. Your spirit is depleted by the cares of the world. Instead, love the Lord and His ways: "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him" (1 John 2:15).

3. You avoid idolizing work, accomplishment, and production when you take a Sabbath.

If you work and do nothing but work, you run the risk of placing it before God in terms of importance. Keep the Lord as your main pursuit, and avoid sharing God's place in your life with the stresses of this world: "Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded" (James 4:8).

Small Group Discussion: 20 minutes

- **Do YOU trust God with your time?**
- **Read Exodus 16.** Think and discuss again about your willingness to trust God.
- **Are you spreading yourself too thin and running ragged?**
- **Where does God fit into your priority list?**

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?*

Prayer Time:

Pray on your own, or with your group about trusting God and taking more intentional time to worship Him. Let God bring to mind specific areas of your life that consume you and make some practical adjustments to give Him more space.

Discuss This Week's Homework: 5 minutes

SESSION #7

WK. 7 DEVO 1

Read Exodus 16

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 #7

WK. 7 DEVO 2

Read Proverbs 3

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.

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WK. 7 DEVO 3

Read Hebrews 4:1-13

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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?

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SESSION #7

WK. 7 DEVO 4

Read Colossians 3

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.

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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?

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