

Getting Started

If you had a day to do anything you wanted, what would you do?

Word

Read aloud Exodus 20:8-11

1. Exodus chapter 20 begins with the Ten Commandments. Scan through them (verses 1-18). Notice the length of the Sabbath Commandment in comparison to the others. What does this mean to you?
2. What do you notice about Exodus 20:8-11? Who is to rest on the Sabbath? What are the implications for our lives in community?
3. The Lord blessed the Sabbath day and set it apart to be holy. Verse 8 says to observe the Sabbath day by keeping it holy. How do we do that?
4. Now read Deuteronomy 5:12-15. Compare this to the Exodus verse.
5. In Lynne Baab's book, *Sabbath Keeping*, read the paragraph that begins, "Dorothy Bass..." on p. 43 through the first full paragraph on p. 44. How might Deut. 5:15 in reference to God setting the Israelites free from slavery in Egypt connect with us today?
6. Read the two paragraphs on p. 51 of Baab's book beginning with "The Reformers..." and ending with "But we need both." Noting that Sunday morning worship may not fall within the time you choose for Sabbath, what are some ways that you might include worship, rest, and community in your Sabbath day?
7. If you tried to enjoy a Sabbath day this past week, share how this went. If not, what are some of the challenges and joys which you anticipate?

Share

Invite the people in your group to share any blessings or concerns they have from the past week.

Prayer

Pray for each other in sentence prayers.

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February 25, 2018

Keeping Sabbath—Biblical Foundations

Exodus 20:8-11; Deuteronomy 5:12-18

Sermon Notes

In keeping Sabbath:

1. From what do we cease?
2. How do we rest?
3. What are some practical suggestions to help us begin to practice Sabbath?

Getting started with Keeping Sabbath

Pick a 24-hour period to claim as your Sabbath in the week to come. (If 24 hours seems too daunting at first, claim a 12-hour period.)

In your Sabbath time *stop*, stop from “doing.” Don’t work from a mental or actual “to-do list.” Stop and enjoy the time as God’s gift to you. Rest. Be with others. Do something that brings you joy. Begin to break free from the need to accomplish something for one day a week.

“Sabbath, instead, invites us to stop and rest in order to recalibrate to the One who is at the center. Sabbath calls us to be in awe of the Creator and Sustainer. It asks us to recognize that we can cease--and the world will go on without us--because we are humans. Sabbath reminds us that we are finite beings connected to a transcendent Creator, and when we turn toward that source, we get a glimpse of eternity.”

“Observing Sabbath is scary because it means slowing down to examine what we’re doing with our lives, why we’re doing it, and who we are.”

For Sabbath’s Sake: Embracing Your Need for Rest, Worship, and Community

By: J. Dana Trent

People you want to pray for:

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