

Readings in *Sabbath Keeping*, by Lynne Baab: **chs.4,6**

Getting Started

What's one thing you routinely do in a week that you'd rather not do?

Word

Read aloud Exodus 16:13-30

1. Since this is a longer passage, read it a paragraph at a time. Talk briefly about what you learn in each paragraph before moving on to the next one.
2. This story occurs just a little over a month into the Israelites' 40-year journey to the Promised Land. They've just started and they're already complaining! Does this surprise you?
3. What do you learn about God in this passage?
4. What do you learn about God's seriousness about keeping Sabbath in this passage?
5. Why do you suppose the people could only gather enough food for one day at a time? Read 16:18. What does this teach us about God's provision? (An omer is thought to be about two quarts in measure.)
6. Spend some time reviewing the chapters from Baab's book, especially ch.6. What do you learn about "Sabbath ceasing"? As you begin to practice keeping Sabbath, what will you cease from doing?
7. How is keeping Sabbath going for you? Joys? Frustrations? Questions?

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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March 4, 2018

Keeping Sabbath—Sabbath Ceasing

Exodus 16:13-30

Sermon Notes

1. What's the most noteworthy part of the manna story for you?
2. For your keeping Sabbath to begin to be meaningful, what do you need to cease doing one day in seven?

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.

"Every swept floor invites another sweeping, every child bathed invites another bathing. When all life moves in such cycles, what is ever finished? The sun goes 'round, the moon goes 'round, the tides and seasons go 'round, people are born and die, and when are we finished? If we refuse rest until we are finished, we will never rest until we die. Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished."

Wayne Muller

People you want to pray for:

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