

Readings in *Sabbath Keeping*, by Lynne Baab: **ch. 5**

Getting Started

How would you complete this sentence: "I wish I had more time for _____?"

Word

Read aloud Mark 2:23-28

1. Notice how Jesus refers to a story from Scripture when confronted by the Pharisees. The story he refers to is from 1 Samuel 21:1-6 where David asks a priest for bread to feed his hungry men, bread that could only be lawfully eaten by the priests. What's Jesus's point?
2. The Pharisees had strict Sabbath rules. For example, they taught you could not tie or untie a knot on the Sabbath. Neither could you sew more than one stitch. While this may be difficult for us to relate to, can you see how such strictness led them to confront Jesus? Their practice of keeping Sabbath was serious discipline!
3. Talk about 2:7. What does Jesus mean by these words? Read this phrase in a couple of different translations.
4. As you think about keeping Sabbath, consider what brings you joy—what is it you wish you had more time for? How might this become part of your Sabbath day?
5. Talk about your practice of keeping Sabbath so far. How is it going? What have been the joys? The challenges?

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 11, 2018

Keeping Sabbath—Sabbath "Doing"

Mark 2:23-28

Sermon Notes

1. Why were the Pharisees upset with Jesus and his disciples?
2. What was Jesus's response?

Getting started with Keeping Sabbath

1. 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.)
2. 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.

Excerpts from ***Sabbath in the Suburbs***, by MaryAnn McKibben Dana.

Our life felt like a 500-piece jigsaw puzzle with 600 pieces. (p.2)

One of the nasty lies that Sabbath confronts is the myth of indispensability, the idea that the world needs me in order to keep functioning. (p.19)

This isn't the only way to be, and certainly not the best way to be. But it's the way Robert and I know how to be, given our personalities and those of our children, and the fact that there are three of them and both of us work outside the home. Our lives can only tolerate so much unraveling before major things start falling through the cracks. Zaniness becomes a hassle if you can't find the permission slip on the morning of the field trip. But staying on top of things is exhausting. This is why Sabbath is becoming important to our family. On one day a week, I don't need to be organized, to keep things running like a Swiss watch. Robert doesn't need to consider the most efficient way to get the errands done. On one day, we simply get to be ... and maybe engage in a monster tickle fight with our kids. And in doing so, we make a statement of faith: the tickle fight is as vital as our work is—perhaps even more so. (p.26)

For us, one of the most important questions is what to do when we miss a Sabbath— we have already done so and will again. Our answer? We begin anew the next week. (p.37)

People you want to pray for:

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