

Because I Said So

“Give it a Rest”

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Rule #4

Exodus 20⁸ “Remember to observe the Sabbath day by keeping it holy.”⁹ You have six days each week for your ordinary work,¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

- Rest
- Renewal
- Reflection

A Fresh Perspective

Mark 2:23-28

- Reject legalism
 - Realize the benefits for us
 - Recognize Jesus as the ultimate renewal
- Mark 3:1-6

Rest in a Restless World

- Stop seeing rest as weakness
 - Make preparation to rest
 - Take time to rest, renew, and reflect weekly
 - Rest in Jesus
- Matthew 11²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

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Questions

1. How did my family view the Sabbath growing up?
2. Why did God rest on the 7th day of creation? Why is rest and renewal so often seen as weakness?
3. How has a rejection of legalistic Sabbath views sometimes turned into an overcorrection of not keeping the Sabbath at all?
4. What are the personal benefits of a Sabbath day?
5. What kinds of preparations need made for rest?
6. How does Jesus Christ represent God’s ultimate rest?

Scripture

Read Luke 13:10-17, 14:1-6

- How had the leaders of religious law made the Sabbath into a day of oppression rather than a day of rest?
- How did what Jesus did for these people better represent the rest God desires than what the Pharisees were commanding?

Application

- Has the Sabbath been important in my life? Why or why not?
- How will I make changes in my life to better honor God in rest?