



Equip



# SABBATH

The concept of a weekly day of rest can be very powerful in our lives when exercised in Biblical ways. This brief study merely introduces us to the principle of Sabbath and is meant to encourage us in our lives as we grow in grace, peace, and knowledge of Him.

What is a Sabbath? *"It is a small yet ample chunk of space, a narrow yet full segment of time. In it you can lie down and rest. From it you can rise up and go--stronger, lighter, ready to work again with vigor and a clear mind. It is room enough, time enough, in which to relinquish all encumbrances, to act as though their existence has nothing whatsoever to do with your own. It is an invitation, at one and the same time, to empty yourself and fill yourself."* The Rest of God, Mark Buchanan.

Spend time studying and making observations from the passages below:

**Genesis 2:2-3:** *When and why did God introduce the idea of Sabbath?*

**Exodus 16:21-30:** *The Israelites were just delivered by God from 215 years of slavery. What are some Sabbath concepts in this passage?*

**Exodus 19:1-6:** *What was the major message God was communicating to Israel?*

**Exodus 20:8-11:** *Compare the length of the fourth commandment to the other ten. Why do you think that is?*

**Exodus 31:12-17:** *What important concepts about the Sabbath do you notice? What is God saying the Sabbath is meant to be to the rest of the world?*

**Matthew 11:28-30:** *What is the message Jesus gives to His disciples? How is this connected to the idea of Sabbath?*

**Matthew 12:1-14:** *How might Jesus identifying himself as Lord of the Sabbath be significant? How had the Pharisees abused the concept of Sabbath? How is the Sabbath abused today?*

## Reflection Questions

- Why do you think God commanded the Israelites to have a Sabbath?
- How is it to be practiced today? What are some practical advantages of a Sabbath?
- What new convictions has God given you? What does God want you to do/not do regarding the Sabbath? What will you apply to your life and ministry as a result of this study?
- What hindrances do you foresee?