



## 10 Ways to Wreck Your Life Part 3 - Sabbath

### **BREAKING THE ICE:**

What do you normally say when someone asks you how you are doing?

**LEADERS NOTE:** The expectation is many of us say “busy” or “tired”

Why do you think so many people are so busy and tired?

**GO TO THE SOURCE : READ Ex 20:8-11, Duet 5:15, Mark 2:23-3:6, Col 2:16-17, Rom 14:5, Heb 4:9-10, Matt 11:28-29**

## DIG A LITTLE DEEPER:

- **The 4th commandment**

- What is the fourth commandment?
  - LEADERS NOTE: They are told to work 6 days and then on the 7th day they were to rest. This extended to their family, children, servants (employees today), animals, and even the foreigner who was with them.
- According to the text how were they to keep the sabbath holy?
  - LEADERS NOTE: God says this command exists because He Himself rested on the 7th day of creation and thus set it apart.
- What reason does God give for this commandment?
  - LEADERS NOTE: Duet 5:15 shows that they were not delivered by their hard work but by God's provision. Resting 1 day a week acknowledges our dependence on God. It tests us, will we trust Him to be our provider or will we try to make it all happen by doing it our way.
- Why do you think God chose to rest on the 7th day in the first place (Deut 5:15)?
  - LEADERS NOTE: Duet 5:15 shows that they were not delivered by their hard work but by God's provision. Resting 1 day a week acknowledges our dependence on God. It tests us, will we trust Him to be our provider or will we try to make it all happen by doing it our way.
- What would the implications be for not working 1 day a week for them?
  - LEADERS NOTE: In an agrarian society this meant that they stopped farming 1 day a week. Just imagine all the reasons that was a bad idea. Watering crops, harvesting, etc. It was a big deal to stop working for an entire day. That is why it showed their dependence on God as their ultimate provider.

- **Jesus' view of the Sabbath**

- What does Jesus say about the Sabbath in Mark 2:23-3:6?



- **Christians today and the Sabbath**

- When did God institute the sabbath?
  - LEADERS NOTE: Creation
- When did the sabbath become a part of the law?
  - LEADERS NOTE: Mosaic Law
- What did Jesus fulfill?
  - LEADERS NOTE: Mosaic Law
- So how should we relate to the sabbath today in light of all we have studied?
  - LEADERS NOTE: While the Sabbath is no longer law (i.e. it's not sinful to not keep sabbath) the principle predates the law and thus the principle of resting one day a week is still a very wise way to live.

**MAKE IT COUNT:**

- Do you keep a sabbath?
- If so do you notice a difference? If not what stops you from keeping a sabbath?
- If you do what does your sabbath look like?
- If you don't will you try it for a month?