

Sunday Sermon - Study Guide – June 26 – Pastor Lee Towns

**Celebration: *Sabbath as God Intended***

Exodus 20:8-11; John 5:1-17; Hebrews 1:3; Matthew 11:28

**A Life Application Study Guide**

James 1:22-25 tells us to put into practice what we are discovering in God's word.

REVIEW:

1. Gideon and Identity
2. We are each a mixed bag
3. Discovering what God calls you and why

LESSONS TO EXPLORE

1. Time is Ticking
2. Sabbath as an Option
3. Remember.....
4. Who owns our Sabbath?
5. The Gift of Sabbath

INTRODUCTION

*The obviousness of the Sabbath commandment reveals a beautiful gift to those who will work through their resistance to receive it from God. Time is our most precious commodity.*

1. The clock is always ticking, the earth is always turning, we cannot stop or even slow down time. We hold onto our 24 hours with a clenched fist, why do we do this?

*Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.*

- a. By observing the Sabbath, we are called to release our grip and open our hands, ***palms up*** in obedience to God. Take a moment now to physically do this. What do you experience?
  - b. How have we misunderstood the purpose and meaning behind God's design of a Sabbath?
2. Consider that our western culture has shifted and that no day on our calendar is unique or different, some of us may even find ourselves working 7 days a week. How did we arrive here?
    - a. If even Jesus broke the Sabbath, how do we reconcile this? What is Jesus' response here in Mark 2:23-28?

*One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. <sup>24</sup> But the Pharisees said to Jesus, "Look, why are they breaking the law*

by harvesting grain on the Sabbath?"<sup>25</sup> Jesus said to them, "Haven't you ever read in the Scriptures what David did when he and his companions were hungry? <sup>26</sup> He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions."<sup>27</sup> Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup> So the Son of Man is Lord, even over the Sabbath!"

- b. As we look at this story, Jesus is speaking directly to some Pharisees who were **calling Him out** for breaking the law. What were they missing?
  - c. What are we at risk of missing if we decide that observing a Sabbath day is optional?
  - d. Share what have you discovered about God when you have set aside a day to experience a Sabbath in the way that God designed it.
3. Part of what God imbedded in observing a Sabbath day is a time to remember.
- a. Describe what you experience when you look back and recall something good like a wedding, a birth, an anniversary, a joyful celebration .....
  - b. If pausing is God ordained, there is an intended outcome for us both physically and spiritually. List some positive outcomes that can happen when we intentionally **pause**.
4. God called us to keep the Sabbath holy. The Greek word **hagiazō** means to sanctify and in this context, it means to set apart for a sacred purpose.
- a. So how do we create a Sabbath that causes us to remember and that is also sacred?
  - b. If we work and rest within God's plan and purpose what will be the result? How will God be reflected as the Owner of us and all that we do?
  - c. How can even our work become sacred?
5. Life and all that we are required to do can be exhausting. Consider what we do each day just to get through the day and then begin all over again.
- a. How many hours are you devoting to your job? What do you need to change?
  - b. Is there a challenge in your life that you are struggling to keep hidden? Who can walk that journey with you?
  - c. How do you feel about slowing down and seeking silence and solitude?
  - d. What would you forfeit if you gave God control of even one day each week?
  - e. If God loved us enough to give us a Sabbath why is receiving that gift difficult?

Read and reflect: *Come to me all you who are weary and burdened I will give you rest.*  
*Matthew 11: 28*

### MAKING IT REAL

- This week, set aside a time to remember God's goodness in your life's story. Pause to meet with Him, as you reflect and remember and look for where He was in those past events that brought you joy.

