



Sabbath. Is this a familiar word to you? Or maybe it feels like it belongs with words like “vespers”, “vestments” and “vicar”, words that belong to an ancient religious past. But the sabbath can be much more- if we allow it. This week we will look at how the sabbath fits into the biblical narrative.

### **Read Genesis 2:1-3**

When it says that God “blessed and made holy” the seventh day, what do you think that means?

Last week, we learned that God invited Adam to sit and rest in His finished work of creation before Adam ever got to work. Sabbath rest has been part of the plan since the beginning.

### **Read Exodus 20:8-11**

Is there anything you notice about this commandment in relation to the others?

### **Read Deuteronomy 5:15**

What reason does God give the people for commanding them to observe the Sabbath in this context?

How might this truth still apply to us today?

What about the command to practice Sabbath excites you? What About the command feels stressful?

Just as the people in Israel were invited to throw off the yoke of physical slavery, Jesus invites us to throw off the yoke of spiritual slavery and instead take on His yoke of freedom.

### **Read Exodus 16:23-30**

What strikes you about this passage?

Do you ever feel similar to the Israelites- where you need to always be producing, working and laboring with no true rest?

### **Read Hebrews 4:9-11**

Does this passage come off as paradoxical or contradictory? Why or why not?

What do you think it would look like for you to “make every effort” to enter sabbath rest on a weekly basis?

### **Pray this prayer**

*Father, thank you that through the death and resurrection of Jesus, we have been freed from the yoke of spiritual slavery. We receive both rest for our souls, but also for our bodies. Thank you that we can still practice the sabbath rest that you promised to your people. Help me to learn what it means to make every effort to enter this rest. In the name of Jesus, amen.*