



New International Version is used for questions

1. Read Exodus 20:8-10. What were the two purposes for God giving the Sabbath to Israel? Do you feel you do a good job at keeping those two purposes? Read Colossians 2:15,16. Are we still under the same command to keep the Sabbath (which was Saturday) as they were in the Old Testament?
2. Although we do not follow the command from the Old Testament to keep the Sabbath, what four things does God still command us to do?
3. What three things should we do to make sure we take a time to stop? Which one of these would you struggle with doing?
4. Read Mark 2:23-28. Who was the Sabbath made for? What example did Jesus use to show that the disciples were doing was not a violation of the purpose of the Sabbath? Why would the Jews think that what David did was such a big deal?
5. What three things can we do in order to be renewed? Are there other things you do in order to be renewed?
6. What three things can we do to help us slow down to enjoy our time of rest? Which one could you do this week? What would you need to do in order to make sure you take this time and not use it for something else?
7. Do you have a set time where you regularly spend time with God in His word and prayer? Would it be helpful if you scheduled an appointment with God to do this consistently? What are some things you do to make sure you do not neglect this time with God?

Answers

1. *The two purposes of the Sabbath was to make sure they set aside time to spend with God and that they actually had a time of rest each week. We are not under the Old Testament command to observe the Sabbath.*
2. *The four things He wants us to do are: a. Stop; b. Rest; c. Remember what God has done; and d. Worship God*
3. *The three things are: a. Identify what is hardest for you to stop doing and determine to stop doing it; b. Establish a regular time to cease work each week, whatever day it is; and c. Let unfinished tasks remain unfinished on that day.*
4. *The Sabbath was made for man's benefit, not for God's. The example Jesus used was when David went into the temple and took some of the bread that had been set out in the temple on the table of shewbread in the holy place. This would have been a big deal to the Jews because they thought that God would be angry with anyone who ate that bread who was not one of the temple priests, that God had forbid it.*
5. *The three things we can do are: a. Start activities that genuinely refresh you spiritually and physically; b. Limit activities that leave you depleted emotionally, emotionally, or physically; and c. Choose restoration over entertainment. Don't try to "catch up" on everything during that time.*
6. *What three things can we do to help us slow down to enjoy our time of rest? Which one could you do this week? What would you need to do in order to make sure you take this time and not use it for something else? The three things are: a. Share a meal without rushing; b. Spend intentional time with family and friends; and c. Notice and thank God for simple things.*
7. *Various answers*

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