

Keep The Sabbath Holy



MEMORY VERSE: "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."
Mark 2:27



Exodus 20:8-11 Day of Rest

1. What is the Fourth Commandment? v. 8 What does Sabbath mean?

2. What do you learn about the Sabbath from Exodus 20:9-11?

3. What are we NOT supposed to do on the Sabbath? What are we supposed to do instead?



Genesis 2:1-3 The Sabbath Is Holy

4. Read Genesis 2:1-3. What does it mean to you to keep the Sabbath holy?

5. After studying the first 3 commandments, why do you think God commanded the people to take one day of rest and to worship Him each week?

6. What do you think are the benefits to followers of Jesus when they observe the Sabbath?



Mark 2:27-28 Jesus Is Lord of the Sabbath

7. Read Mark 2:27-28. What does it mean that God is “Lord, even over the Sabbath?”
8. This commandment helps us put God first, but verse 27 tells us that the Sabbath is meant to meet OUR needs, not for us to meet religious requirements. What do you think that means?
9. How do you think you can rest and keep the Sabbath holy without it becoming a religious duty (burden) to fulfill?
10. What does the way we honor and respect the Sabbath reveal to God and to others?

BELIEVE THE TRUTH

The Fourth Commandment is one of God’s greatest blessings to humans. God had plans for the Sabbath day from the beginning. Jesus says: “The Sabbath was made for man, not man for the Sabbath.” (Mark 2:27). May we use our Sabbath to refocus on God, worship and fellowship with others.

PRAY THE TRUTH

Dear Lord, Thank You for creating and modeling the Sabbath for us when you created the world! I am so grateful that You know my needs and want to be in relationship with me. Help me to treat the Sabbath as a holy day where I remember to put You first and to use this special day to grow in my relationship with You. Amen

WALK IN TRUTH



The Sabbath day gives us a whole day to recognize God as Lord of our lives. What should this look like in your life?

Various References (NLT)

Exodus 20:8-11: “Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

Sabbath: comes from the word Shabbath which means “a day of rest.” God started the Sabbath in Israel to give his people a day of rest in which they could focus on him. It creates time with the Lord to simply rest, rejuvenate, and remember who God is and what He has done for us.

Genesis 2:1-3: “So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.”

Mark 2:27-28: 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. 28 So the Son of Man is Lord, even over the Sabbath!”

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