

HOPE SABBATH SCHOOL

Christ and His Law – Part 5

Christ and the Sabbath

Welcome to Hope Sabbath School--an in-depth interactive study of the Word of God. Today we are continuing a series of studies entitled Christ and His Law. Our topic today: Christ and the Sabbath.

Scripture Theme Song: “You shall love the Lord your God”
Matthew 22:37-39

- 1) For whom was the Sabbath created?
 - a) Mark 2:27
 - b) Exodus 20:8-11
 - c) Genesis 2:1-3
 - d) Deuteronomy 5:12-15
 - e) Why is it important to understand that the Sabbath is a gift for the entire human family and not just the Jews?
- 2) A time for rest and worship
 - a) Luke 4:16
 - b) Luke 23:56
 - c) Exodus 20:8
 - d) Acts 13:14,42,44; 16:13, 17:2, 18:4
 - e) How has your attitude toward the Sabbath changed as you grown older?
- 3) A time of joy – not a burden
 - a) Mark 2:27-28
 - b) Isaiah 58:13-14
 - i) This text is often quoted to emphasize “not doing your own pleasure” (x2)
 - ii) But the word “delight” is also used 2 times. What does it mean to make the Sabbath a delight?
- c) How can the Sabbath become a more joyful experience?
- 4) A time for healing
 - a) Mark 3:1-6
 - b) Luke 13:10-17
 - c) John 9:1-14
 - d) John 5:15-19 (at the pool of Bethesda)
 - e) Why is the Sabbath a particularly appropriate time to experience the healing blessing of God?
- 5) A new creation
 - a) The Sabbath not only reminds us of creation but also affirms the promise of the new creation.
 - b) Isaiah 65:17
 - c) Isaiah 66:22
 - d) 2 Peter 3:9-13
 - e) Revelation 21:1-5
 - f) Revelation 22:1-5
- 6) Discussion questions
 - a) Many sincere Christians disregard the Sabbath. What are some reasons why the Sabbath is ignored?
 - b) Some Christians who remember the Sabbath have missed the true meaning of the Sabbath. How can we ensure that we experience all that our Creator and Redeemer intends for us each Sabbath day?
 - c) How does Matthew 22:37-39 relate to the gift of the Sabbath?