

## Matthew – Part 6

### Resting in Christ

Welcome to Hope Sabbath School--an in-depth interactive study of the Word of God. We are continuing an exciting series of studies on The Gospel of Matthew. Our topic today: Resting in Christ

Scripture Theme Song: Praise Him the Heights (Ps. 148:1-4)

- 1) The promise of Jesus
  - a) Matthew 11:28-30
  - b) What does it mean to find rest for your soul?
  - c) What does it mean to take Christ's yoke upon us?
  - d) How does the prayer that precedes this promise give us assurance that Jesus is able to keep His promise to us? Matthew 11:25-27
  - e) Share a time when you experienced rest in Christ in spite of a challenging situation.
- 2) The Sabbath as a gift of rest
  - a) What do the following verses tell us about the attitude of the Jewish religious leaders in the time of Christ regarding the Sabbath?
    - i) Matthew 12:1-2
    - ii) Luke 13:10-14
    - iii) John 5:5-9, 15-16
  - b) The response of Jesus - Matthew 12:3-8 (Luke 13:15-16)
  - c) Why did Jesus have such strong convictions about how to experience Sabbath? (See Genesis 2:1-3)
    - d) Why did the religious leaders of Christ's day set up so many restrictions regarding the Sabbath? (613 laws)
    - e) Share your experience of Sabbath growing up. Was it a time of restrictions or rest for your soul?
    - f) How can we experience Sabbath rest as our Creator intended?
- 3) The Sabbath as a time for healing
  - a) Matthew 12:9-14 – Why does Jesus heal this man in spite of the opposition of the religious leaders?
  - b) Mark records that Jesus was angered by the attitude of the religious leaders in the synagogue. (Mark 3:5) Why?
  - c) Jesus calls us to extend His healing ministry in a broken and hurting world (Matthew 10:7-8). To what extent should we be involved in extending the healing ministry of Jesus each Sabbath?
- 4) The Sabbath as a time to do good
  - a) Matthew 12:12
  - b) What was the “good” that was needed at the time Jesus spoke these words?
  - c) How should an awareness of this simple teaching of Jesus affect the way we remember the Sabbath day each week?
- 5) The Sabbath as a time for worship
  - a) Luke 4:16
  - b) Exodus 20:8-11
  - c) Isaiah 66:22-23
- 6) Discussion question: What is the most important lesson you have learned from this study?