1. Identification of the day our Creator blessed
   a) Genesis 2:1–3—a day blessed by our Creator
   b) What miracles of God clearly identified the Sabbath day for the children of Israel? Exodus 16:1–5, 15–22, 23–30
   c) What miracles or events in the life of Jesus confirmed the day our Creator blessed? Mark 2:23–27, Luke 23:50–24:6, etc.
   d) What are some practical ways we can prepare for the special day our Creator has blessed?

2. The Sabbath—three sacred reminders
   a) Exodus 20:8–11—our Creator
   b) Deuteronomy 5:12-15—our Redeemer
   c) Ezekiel 20:12—our Sanctifier
   d) Why is it vitally important to remember God as our Creator, Redeemer and Sanctifier?
   e) Why are we commanded to remember the Sabbath day to keep it holy, rather than simply encouraged to honor this special day our Creator has blessed?

3. The Sabbath—a day of equality
   a) Some commandments are very concise. Why do you think the Sabbath commandment is so detailed?
   b) What is the significance of mentioning servants, strangers and even livestock?
   c) Why is Sabbath rest intended as a gift for the entire creation?

4. The Sabbath—a day of healing
   a) Matthew 12:9–13
   b) Mark 1:21–26
   c) Mark 3:1–6
   d) John 9:1–16
   e) Why did Jesus deliberately heal on the Sabbath day, even though He knew there would be opposition?
   f) Share a time when you had the opportunity to extend the healing ministry of Jesus to someone in need on the Sabbath day?

5. A special Sabbath blessing every 7th year
   a) Leviticus 25:1–7—rest for the land
   b) Exodus 21:1–11—freedom for Jewish slaves
   c) Deuteronomy 15:1–11—cancellation of debts
   d) How did the Year of Jubilee differ from every 7th year? Leviticus 25:8–17
   e) Some professions still offer sabbaticals. Why do you think this is a good idea?

6. Discussion questions
   a) What are some ways God has blessed your life through the gift of the Sabbath day?
   b) How can you help people to view the Sabbath as a precious gift rather than a religious obligation?