

**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?

