

Outline #12 Learning to Experience
the Sabbath

Listen to Counsel, Proverbs 19:20 3:5; 17:22; 16:24

1. The Sabbath—a gift from our Creator

- a) Genesis 2:1-3 – blessed and made holy
 - i) What was the significance of the Sabbath being the first day Adam and Eve spent with each other and with their Creator?
 - ii) How do you think Adam and Eve experienced their first Sabbath in their Eden home?
- b) Exodus 20:8-11 – Why was it necessary to call God’s people to remember the Sabbath day to keep it holy?
- c) When did you come to recognize the Sabbath as a precious gift from our loving Creator?

2. The Sabbath—a time of blessing

- a) What blessings did the children of Israel experience every week to remind them of the gift of the Sabbath? Exodus 16:1-4, 15-25
- b) Isaiah 58:13-14 What is meant by the expression “to call the Sabbath a delight”?
- c) Mark 2:27 How did Jesus reinforce the idea that the Sabbath is a time of blessing?
- d) Our Creator intended the Sabbath not only to be a time of blessing for us but also a time of blessing through us to others. Share a time when you were able to share a blessing with someone on the Sabbath day.

- e) Some people view the Sabbath as a burden rather than a blessing. How can we help them to experience the Sabbath as a time of blessing?

3. The Sabbath—a time for healing

- a) Luke 13:10-17
- b) Matthew 12:9-13
- c) How do you explain the reaction of the religious leaders, recorded in Matthew 12:14?
- d) Jesus focused on the Sabbath as a time to actively seek to do good. Why do many view the Sabbath simply as a time not to do certain things?

4. The Sabbath—a time for fellowship (koinonia)

- a) Luke 4:16 Why did Jesus go to the synagogue every Sabbath?
- b) Sometimes we can find fellowship with other Christians on Sabbath in a place of worship. Acts 13:13-15, 42-44, 17:1-4, 18:1-4
- c) At other times, we might find fellowship with other believers out in nature. Acts 16:13-14
- d) Share a time when you experienced the Sabbath as a special time for fellowship.
- e) How can we help others to experience the sense of community God intended on the Sabbath?

