LESSONS FOR LIFE – PART 1

Outline #12 Learning to Experience the Sabbath

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 Sab-
         bath 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
   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?