

1. The origin of the Sabbath

- a) Exodus 31:16 Is the Sabbath simply a Jewish day of worship, given by God to the children of Israel as part of His covenant at Sinai?
- b) The testimony of Jesus – Mark 2:27
- c) Mark 2:28 How could Jesus claim to be Lord of the Sabbath? John 1:1-3,14, Genesis 2:1-3
- d) Why did our Creator rest on the seventh day, at the end of Creation?
- e) Exodus 20:8-11 What is the significance of the word “Remember” at the beginning of the 4th commandment?

2. The Sabbath reaffirmed after the Exodus

- a) What supernatural signs did the LORD give to re-establish and reaffirm the importance of the Sabbath after the Exodus from Egypt? Exodus 16:1-6,23-30
- b) What can we learn about how the LORD wants us to experience Sabbath rest from this story?
- c) How would you respond to a friend who says, “I think Sabbath rest is a great idea, but how do we know which day the LORD blessed and made holy? (Luke 23:54-24:2)

3. The Sabbath—a covenant sign

- a) Exodus 31:14-17 (see also Ezekiel 20:12,20) Why do you think the LORD chose the Sabbath as a covenant sign with the children of Israel?

- b) Why was there such a severe punishment for disregarding the holiness of the Sabbath?
- c) Disregarding the Sabbath still has negative consequences. What is lost when we ignore the invitation of the LORD to rest each Sabbath day?

4. The Sabbath—a sign of relationship and sanctification

- a) Exodus 31:13
- b) The Sabbath is a witness of our relationship with the LORD, that we “know” Him. Why is a personal relationship with the LORD so vital? John 17:3
- c) The Sabbath is also a sign of sanctification. What does it mean to be sanctified?

5. A day to remember in these last days of earth's history

- a) Exodus 20:8 The gift of the Sabbath is an invitation to rest in the Creator's love and care. How has Sabbath time impacted your relationship with the LORD?
- b) Why is an earnest appeal to remember the Sabbath so important in these last days of earth's history? Revelation 14:6-7
- c) How should we relate to loved ones and friends who do not remember the Sabbath to keep it holy?

