1. Sabbath, a gift from our Creator
   a) Genesis 2:1-3 Why did the Creator of the heavens and the earth bless and sanctify the seventh day? (see also Mark 2:27)
   b) Genesis 1:26-27, 9:6 What was special about the creation of the human family?
   c) How did God invite Adam and Eve to participate in His creative work? Genesis 1:28, 2:15,19
   d) Why is it important to recognize that the Sabbath was given as a special time for fellowship with our Creator?

2. Sabbath, a day to celebrate our freedom in Christ
   a) Compare Exodus 20:8-11 and Deuteronomy 5:12-15 What differences do you notice?
   b) Most of us have never been held hostage as slaves in a foreign land, like the children of Israel in Egypt, but we have all been enslaved in one way or another. John 8:34-36, Hebrews 12:1-2
   c) What freedom have you experienced in Christ that you can celebrate, especially each Sabbath?

3. Sabbath, a day to share God's blessings with others
   a) Exodus 19:6, 1 Peter 2:9 What was God’s plan for Israel, and also for the Christian church?
   b) Notice the last phrase in Exodus 20:10. Why is “the stranger who is within your gates” included in the Sabbath commandment? (see also Exodus 23:12)
   c) What does this mean in practical terms? How can we share the Sabbath blessing with others who have not yet learned about God’s holy day of rest?
   d) How did Jesus share God’s blessings with others on the Sabbath day? Mark 1:21-28, 29-34, John 5:7-16
   e) Why did the Jewish leaders react with such hostility and totally ignore the blessing Jesus had bestowed?
   f) Share a time in your life when you viewed Sabbath more as a religious obligation rather than a time to share God’s blessings with others.

4. Sabbath, a reminder of God’s sanctifying work
   a) Exodus 31:13 Why is it important to remember that the LORD is the One who sanctifies us?
   b) What word of encouragement did the apostle Paul share with Christians in Philippi regarding God's sanctifying work in their lives? Philippians 1:3-11
   c) What words of admonition did the apostle Peter give especially for those living in the last days of earth’s history? 2 Peter 3:10-18
   d) What counsel would you give to friends who long for Sabbath to be a time to deepen their relationship with their Creator and Redeemer?