

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?

