



## Week #4: Remember the Sabbath

*“Teacher, which is the greatest commandment in the Law?”*

*<sup>37</sup> Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.” <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: ‘Love your neighbor as yourself.’ <sup>40</sup> All the Law and the Prophets hang on these two commandments.”*

*Matthew 22:36-40 (NIV)*

*“Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”*

*Exodus 20:8-11 (NIV)*

**The Sabbath invites me to:**

- \_\_\_\_\_.
- \_\_\_\_\_.
- Delight in good and be \_\_\_\_\_ of God’s presence.

*Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.*

*Psalms 34:8 (NIV)*

**On the Sabbath I acknowledge:**

- Even though the work is *not* done, God offers me rest.
- I want to look to God for leadership, and the \_\_\_\_\_ is not on my shoulders.

### The Sabbath positions me:

- To \_\_\_\_\_ with God.

*“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”*

Matthew 11:28-30 (NIV)

- To wait \_\_\_\_\_ God and wait \_\_\_\_\_ God.

*“The Lord will fight for you; you need only to be still.”*

Exodus 14:14 (NIV)

- To remember \_\_\_\_\_ God is, \_\_\_\_\_ we are, and \_\_\_\_\_ we are to live in this world.

### Discussion Questions

1. In what ways do you feel you're embracing a Sabbath in your life this season?
2. In general, how tired, exhausted, fatigued or weary do you feel? What is making your load feel heavy right now?
3. In what ways do you feel you're resisting a Sabbath? Do you know why that's the case?
4. Is there a specific next right step you may consider taking so that you can better enjoy a Sabbath more fully this season?

### Recommended Resources

- [Telling the Old Testament Story by Brad E. Kelle](#)
- [The Best Yes by Lysa TerKeurst](#)
- [Emotionally. Healthy. Spirituality by Peter Scazzero](#)
- [The Deeply Formed Life by Rich Villodas](#)

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*Exodus 20:8-11 (NIV)*

### **The Sabbath invites me to:**

- Stop.
- Rest.
- Delight in good and be mindful of God's presence.

*Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.*

*Psalms 34:8 (NIV)*

### **On the Sabbath I acknowledge:**

- Even though the work is *not* done, God offers me rest.
- I want to look to God for leadership, and the world is not on my shoulders.

### **The Sabbath positions me:**

- To walk with God.

*“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”*

*Matthew 11:28-30 (NIV)*

- To wait on God and wait with God.

*“The Lord will fight for you; you need only to be still.”*

Exodus 14:14 (NIV)

- To remember who God is, who we are, and how we are to live in this world.

### **Discussion Questions**

1. In what ways do you feel you're embracing a Sabbath in your life this season?
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