

[illegible]

Watch Session 3: Sabbath (11 minutes).

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BIBLE EXPLORATION

Sometimes, we think of the sabbath as an optional practice or we put it at the bottom of our list of priorities. But the sabbath is a gift that God prioritizes and has called us to experience. Read Genesis 2:1–3.

What are some of the adjectives used to describe the sabbath in these verses? What makes the sabbath different than all the other days?

Whether we honor the sabbath or not, this day has been set apart by God as holy. **Is the sabbath a special part of your week? In what ways do you treat sabbath as special or set apart?**

In what ways does God resting from his work help you understand the importance of humankind resting from work?

Of all the days God created, he only blessed and set apart the sabbath day. It was important to him that one day be rejuvenating. **What could it look like for you to trust in God's blessing of honoring the sabbath?**

Finding time to observe the sabbath is important. It should be a normal part of our lifestyle—but we should remember that it is a gift rather than a new way to be legalistic. Read Matthew 12:1–14.

The Pharisees believed that all labor of any kind was forbidden on the sabbath, even if it helped people in need. In this passage, they asked Jesus if a life-giving activity on the sabbath was acceptable to God. **What reason does Jesus give for good deeds being lawful for the sabbath?**

Jesus understood that the sabbath was meant to bless humanity, not keep them from God's provision. There's no need to feel guilty if an emergency arises on your sabbath. **In what ways can being too strict on your off-day cause problems and stress? What do Jesus's actions show us about the intent of the sabbath?**

The Pharisees had defined the sabbath so strictly that they would have rather allowed someone to suffer instead of seeing them whole and healthy. Their effort to protect the sabbath had become a cold, legalistic list of rules. While it is helpful to set up some boundaries to protect your sabbath, you should not become so strict that it creates anxiety in you or pain in others. **In what ways could you protect your sabbath from the demands of life? How could you guard yourself against legalism so that you and those around you could enjoy the blessing of the sabbath?**

Jesus reminds us that the sabbath is made for our good and his glory. We should not approach the sabbath thinking that if we practice it wrongly, God will be disappointed or angry with us. God loves us and has blessed us with a day of rest, delight, worship. **What could you do to remind yourself that the sabbath is a gift for you?**

LAST WORD

Keeping the sabbath is not just a good idea; it's a command from God. God wants us to rest after a long week of work and to trust him with all our time.

Integrating the sabbath as a normal part of your week might be difficult at first, especially if you're not used to regular rest. Start slow and do everything you can to ensure that your next sabbath is as successful as it can be—and if it's not, that's okay. Just try again the following week to enjoy God's day of rest.

DEEPER WALK

Read: Read the chapter “Sabbath” in Part Three of John Mark’s book *The Ruthless Elimination of Hurry*.

Discover: Explore the ways you and your family or friends could enjoy the sabbath. How would each of you want to enjoy that day?

Act: Commit to taking a day of sabbath sometime in the next week and, as best as you can, refrain from working and guard your time from mindless distractions.

Memorize: Memorize Mark 2:27, “And he said to them, ‘The sabbath was made for man, not man for the sabbath.’”

RightNow Presents
The Ruthless Elimination of Hurry STUDY GUIDE

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