



Dgroup Discussion Guide for March 12, 2017

Happy Sabbath

Scripture: **EXODUS 20 : 8-10**

Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but 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 owns. ¹¹For 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.

In our busy world, God gives us an antidote for our exhaustion and tiredness. The fourth commandment. Exodus 20:8-10 is a two-fold command involving work and rest. It commands us to work and be diligent because work is a blessing but we must not neglect our day of rest, the Sabbath day.

Sabbath is not necessarily on a Sunday or a Saturday. In a 7 day week, we are to work 6 days and rest on the last day.

R- Remember

God commands us to “Remember” because this day of rest had already been commanded in Exodus 16:23. Unfortunately, man religious leaders added on the restrictions of the Sabbath. These were all abolished by Jesus as seen in Matthew 12:3 -8. Jesus was explaining that He is the Lord of the Sabbath and did not require all the additional laws and restrictions. Romans 14:6 tells us that ***He who observes it for the Lord, and he who eats, does so for the Lord, for he gives tanks to God; and he who eats not, for the Lord does not eat and gives thanks to the Lord.***

This teaches us that it doesn't matter what day observe the Sabbath, the important thing is that when we do celebrate the Sabbath we dedicate and consecrate that day to the Lord. It is a day to remember what God has done.

E- Enjoy

The Sabbath was instituted not just for rest but also for enjoyment. We see in Genesis 2:2 that God Himself rested. Not because He was tired but rather He took the time to enjoy His creation. Similarly, during our Sabbath it is the time that we should enjoy the company of our family, enjoy fellowship with our fellow believers. We are to take time and reflect on the goodness of God in our life.

S – Sign

Exodus 31:13 says ***But as for you, speak to the sons of Israel, saying, “You shall surely observe My Sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.*** The observance of the Sabbath was God’s sign for His covenant with His people during the time of the Exodus. Although the Sabbath is a sign, our observance of the Sabbath does not make us holy. Nor does this make us Christians. This in fact is a reminder to us that the only true rest we can ever find is in Jesus Christ.

The Sabbath is the sign that leads us to the Lord of the Sabbath, Jesus Christ. He is the One who promises rest to the weary and heavy laden.

T – Trust

The Sabbath is a reminder to us that we should not overwork. That God is in control of everything and we are not. We are not to worry, instead we are to rest and put our trust in God. We have to remember that God is the provider for all our needs.

When we observe the Sabbath, we are practicing the principle of putting God first. To observe the Sabbath and to keep our Sabbath holy is an honor to God. This is also our response to knowing who God is and what He has done in our lives. When we obey God, and delight in Him. He will give us the desires of our heart.

APPLICATION:

Patiently listen as God reveals where you can apply the passage’s lesson in your life. Write down specific action points to what He has revealed to you.

Points to reflect on:

1. What day do you celebrate the Sabbath?
2. How do you celebrate your Sabbath day?
3. Is God, the Lord of your time? How do you use your time? What are things that you spend the most time on?
4. Are you working with God’s timetable? Ahead of God’s timetable? Against God’s timetable?

PRAYERS:

Lift all the things that you learned back to God. Share your thoughts to Him. If He is impressing a sin in your life, confess it to Him. He is always ready to forgive.