

NOTES:

In the Old Testament, God established the sabbath day for His people—but what does that have to do with us today? In establishing the sabbath, God was doing something much deeper than physical rest. Throughout the Old Testament, we see prophets beginning to point to something much bigger and different. As the New Testament starts, we see Jesus challenging all of the requirements and duties of the rules the Pharisees have added to the sabbath.

Jesus reorients the sabbath as a time to get life by fellowshiping with God—He says that the sabbath is made to serve the people, not the other way around. Our faith isn't tied to actions on a day, it is tied to Jesus as our Lord. Jesus replaces the sabbath day sabbath as our source of life and rest.

The early Church began to worship on Sunday in celebration of the resurrection, not out of sabbath duty. We are no longer identified by a day, a temple, dietary rules, or physical actions. It is a healthy thing to have a focused gathering day that you honor, but it cannot become a rigid ritual. In the Kingdom, it's about the person of Jesus, not the day that we worship on.

There is a blessing to having priorities to meet together with God's peoples. We don't follow rigid rules, but we do find blessing in gathering together to celebrate Jesus' resurrection. As Christians, we are called to honor God and celebrate His resurrection together, but we do not do this out of fear, manipulation, or duty. As we gather together, we find life, community, and grace from others. We value life-giving rhythms, not religious ritual.

DISCUSSION QUESTIONS:

Why does Jesus reorient the sabbath as a time to get life by fellowshiping with God instead of a day full of duties and rules?

What is the difference between following rigid rules for a sabbath and choosing to participate in worship on the Lord's day?

What hope does it bring you to know that life is based on a relationship with Jesus and not the honoring of a specific day?

What is the value of gathering together to worship and celebrate Jesus at a Church service? What do we lose by not gathering together to worship?

What are some things that help you connect with Jesus relationally?

VERSES:

Deuteronomy 5:12-15

12 "Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 13 Six days you shall labor and do all your work, 14 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 manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. 15 Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Mark 2:25-28

23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" 25 He answered, "Have you never read what David did when he and his companions were hungry and in need? 26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." 27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath."

Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."

Revelation 1:9-10

9 I, John, your brother and companion in the suffering and kingdom and patient endurance that are ours in Jesus, was on the island of Patmos because of the word of God and the testimony of Jesus. 10 On the Lord's Day I was in the Spirit, and I heard behind me a loud voice like a trumpet.

Colossians 2:16-17

16 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. 17 These are a shadow of the things that were to come; the reality, however, is found in Christ.