

## Freedom of rest

*Exodus 20:8-11*

### Freedom from slavery to work

“Sabbath” comes from the Hebrew “to \_\_\_\_\_”.

The Sabbath predated the law. It began at \_\_\_\_\_.

### Freedom from slavery to the Sabbath

We are no longer \_\_\_\_\_ to observe the Sabbath.

*Galatians 4:8-11, Colossians 2:16-17*

Jesus fulfilled the \_\_\_\_\_.

*Matthew 11:28-30*

The Sabbath was given by God for our     *blessing*    .

*Mark 2:23-28*

### Free to rest

Sabbath-keeping is not the problem—\_\_\_\_\_ is.

*Romans 14:5-6*

The Sabbath reminds us we need \_\_\_\_\_.

The Sabbath reminds us we need \_\_\_\_\_.

God doesn't need \_\_\_\_\_.

The Sabbath reminds us we need \_\_\_\_\_.

*Luke 10:38-42*

# Home Bible Study

## Freedom of intimacy with God

### Getting started

1. Did any part of the sermon make you think?
2. What did Jesus mean in Mark 2:27, "The Sabbath was made for man, not man for the Sabbath."
3. Why do so many find the idea of the Sabbath to be so difficult? What drives us to fill all of our time with goal-oriented activities?

### Going deeper

4. Read Luke 13:10-17. What did the ruler of the Synagogue not understand about the Sabbath? What did Jesus teach instead?

5.

6. Read Galatians 4:8-11. What does Paul teach about the Sabbath here? Is it wrong for Christians to keep a Sabbath? Is it wrong for Christians to insist on others keeping a Sabbath? In short, what should the Sabbath mean to us as Christian believers?

### Putting it into practice

7. Do you think you need a Sabbath in your life?
8. What would you have to reorder in your life in order to have a Sabbath?