



## **For Further Study April 2 – 8**

1. Read Genesis 2:1-3. What does it mean for us – practically – that God blessed and made the Sabbath day holy? How do you understand the role of Sabbath rest in your weekly life?
2. Do you ever feel guilty for taking a break – for resting? What promises or truths could someone embrace to help with this? What idols might need to be replaced before someone could honor the Sabbath as a day of rest and renewal?
3. Read Deuteronomy 5:12-15. Whose responsibility is it that everyone in a household be given the freedom of Sabbath rest? Why might this be difficult in the lives of American families? What kind of changes do you think a family would need to make to prioritize Sabbath rest?
4. What specific things have enslaved you – things that you could be declaring your freedom from during the Sabbath?

5. Read Matthew 12:1-8 and Mark 2:27. What is the difference between the way the Pharisees understood the Sabbath and the way Jesus viewed it? Which viewpoint is closer to the way you tend to observe the Sabbath (or any law) in your life?
  
6. How can we be more like Jesus as we seek to honor the Sabbath and point others toward the kind of life God is desiring for us?
  
7. Read Romans 14:1-2. How do Paul's words on not passing judgement on others relate to God's vision for the role of Sabbath? Is it ok for someone to honor the Sabbath differently?
  
8. In what way do these words relate to our understanding of the role of work in our lives versus the way God wants us to view work? How might we judge someone who does not live up to our standards of what it means to work hard? What might be at risk as we place someone's worth or merit on how hard they work?