

To Go

Sabbath

Mark 2:23-28

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1. What activities help you feel most rested? Why is it so difficult for people today to slow down?
2. Read Mark 2:23–28. What do the accusations of the Pharisees reveal about their expectations for Sabbath? How does Jesus' answer clarify God's design for Sabbath?
3. Read Genesis 2:1–3. Why did God bless the 7th day and make it holy? How does the portrayal of 7th day in this passage inform us of God's creation intent?
4. Read the two descriptions of the 4th Commandment from Exodus 20:8–11 and Deuteronomy 5: 12–15. What similarities exist? Differences? How do the similarities and differences add to our understanding of God's design for Sabbath?
5. Read Matthew 11:28 and Hebrews 4:1–11. Where do we find ultimate Sabbath-rest?
6. How can you practice Sabbath-keeping today? What needs to change in your weekly rhythm in order to do that? Jot down a couple of ideas and put them into practice this week. Can't devote a whole day? Start with an hour or two and build from there.