



“The Discipline of Resting”

Deuteronomy 5:12-15, Mark 2:23-28

SERMON NOTES

Record your insights and observations from this week's sermon:



KNOWING GOD

- a) Read Genesis 2:1-3. In what sense did God “rest” after he created the heavens and the earth?

- b) What does it mean to you that “God blessed the seventh day and made it holy” (Genesis 2:3)?

- c) Eugene Peterson has written, “Sabbath means quit. Stop. Take a break. Cool it. The word itself has nothing devout or holy in it. It is a word about time, denoting our nonuse of it – what we usually call *wasting* time.” What does it reveal about God that he wants human beings to waste time on a regular basis?

- d) Read Deuteronomy 5:12-15. What reason for Sabbath observance by the Israelites does this passage give?

- e) What is the difference between Deuteronomy 5:12-15 and Exodus 20:8-11? How does the Sabbath command in

Exodus 20 add to your understanding of the importance of a weekly Sabbath?



GROWING TOGETHER

a) In Mark 2:27 Jesus says, "The Sabbath was made for man, not man for the Sabbath." Tell about your past experience of the Sabbath. Has it been a gift, a burden, or something completely off your radar?

b) How do you view Sundays and what do you typically do on Sundays?

c) Read Exodus 16:21-30. Like the Israelites who disobeyed Moses' instruction to rest on the Sabbath day, many of us refuse to stop working. As the title of a book by Tim Hansel puts it, when we relax we feel guilty. Is that true of you? Why or why not? Why do you think relaxation is hard for many Christians?



SERVING OTHERS

a) It is clear that in Jesus' time Sabbath observance was viewed in a legalistic manner. Yet Jesus observed the Sabbath, and the early church gathered for worship on the first day of the week ("the Lord's Day"). How can we at UPC honor the spirit of the Sabbath law without becoming legalistic like the Pharisees?

b) Historically, Christians have seen Sunday as a day not only to worship and rest, but to perform deeds of mercy for others. What might Sundays look like for you if you were to view them as an opportunity to serve others?

c) Do you know someone who especially needs a break? What can you do to help that person experience Sabbath?
