



Robert Morris

Focus There are some people who are literally working themselves to death. It was never supposed to be this way. God gave us permission to take a day off. The Sabbath is His provision of rest—a day set apart. God’s plan is for us to be refreshed and blessed. However, when we go our own way, there can be consequences.

Fun What do you enjoy doing most on your days off?

Review Key Scriptures: Exodus 16:23–30, 20:8–11, 31:14–17; Numbers 15:32–36; Mark 2:23–28

1. It’s a commandment.

God’s commandment to keep the Sabbath holy is just as important as the other nine commandments. We are blessed when we keep His commandments.

2. It’s a witness.

Keeping the Sabbath has been a witness to others for thousands of years. When the Sabbath is observed, the other six days are made profitable. God rested and “took breath” on the seventh day. We need to do that too.

3. It’s serious.

God is serious about our need for rest. When we do not keep the Sabbath, there are consequences. It is wise to take this opportunity to be refreshed by God. Our health and spiritual well-being depend on it.

4. It’s a blessing.

There may be times when our Sabbath is interrupted by emergencies, and that’s okay. God did not make the Sabbath to be a burden but a blessing. Rest is a gift from Him. We can trust that this principle works for our good.

Group Dynamics Idea Discuss how making time for Sabbath rest reconnects you with the important things in life.

Discuss

1. What is the meaning of the word *Sabbath*? What does Sabbath mean to you?
2. Read Exodus 16:23–30. What were God’s instructions? What was God’s provision?
3. Read Exodus 29:8–11. Why was the Sabbath special and set apart?
4. How long were the children of Israel told to observe the principle of the Sabbath? How was it a sign (Exodus 31:14–17)?
5. Read Numbers 15:32–36. Aside from an emergency, what was the consequence for ignoring God’s command? How can we apply the principle of rest to our lives today?
6. Read Mark 2:23–28. What is the point to this story? Do you ever feel guilty for taking time off for yourself? After this weekend’s message, do you have a new understanding of rest?

Take Home As we conclude, remember the following:

- God’s commandments are not to burden us but to bless us.
- We are to rest from our labors and keep the Sabbath holy.
- God’s principle of rest is good for us.

Prayer Father, thank You for Your provision of rest. Help me to be faithful in keeping my Sabbath holy and set apart for You. In Jesus’ name, Amen.

New Leader Tip This is the time of year to remind your members of Operation Christmas Child. Your group members can fill shoeboxes with fun toys, colorful school materials, and hygiene items for a boy or girl in need and then drop them off at any of our Gateway campus lobbies. For more information, visit shoebox.gatewaypeople.com.