DIGGING DEEPER

Series: Ancient Words for a New Life
Sermon: **Give Me a Break**
Scripture: Exodus 20:8-11

GETTING STARTED

When you think of a "Sabbath", does it conjure up images that are primarily positive or negative? On the continuum below, indicate your impression of the "Sabbath".

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Negative Positive

What causes you to view "the Sabbath" in this way?

BIBLE STUDY

1. Why is it important that we understand the value God placed upon work and labor in order to have a proper understanding of the concept of the Sabbath?

2. How does a proper observance of the Sabbath:
   - …affirm sanctity (Exodus 20:11)?
   - …attest to liberty (Deuteronomy 5:12)?
   - …acclaim intimacy (Exodus 31:12-13, 17)?

3. Read Mark 2:23-28 and answer the following questions.
   - What upset the religious leaders?
   - How does Jesus' statement in verse 27 affect your understanding of the concept of the Sabbath?

4. What role should worship play in our observance of the Sabbath?

5. Read Isaiah 58:13-14. What guidance do these verses give you in your effort to properly observe the Sabbath?

APPLY IT

In light of this study, how will your observance of "the Sabbath" change?