

Sabbath-keeping: Reinforcing Our Certain Hope

November 10, 2019

Text: Mark 2:23-28; Hebrews 4:9-11

What is Sabbath-keeping?

Sabbath-keeping is a _____ established by God in _____.

Sabbath-keeping is affirmed by _____ (Ex 20:8-11; Dt 5:12-15).

Sabbath-keeping is _____ by Jesus (Mk 2: 27; Isa 58:13).

How does Sabbath-keeping Connect to Hope?

Through the _____ of three rests.

By regularly keeping the Sabbath now, we are participating in _____.

How can We Use Sabbath-keeping to Reinforce Hope?

By not making sabbath-keeping _____.

By focusing on bringing _____.

By practicing the Sabbath _____.

Not keeping a Sabbath _____.

Life Enrichment

What about today's sermon challenged, disturbed, or encouraged you?

When was the last time you remember having a day when you were completely unproductive? How did you feel about it? Why did you feel that way?

Why do you think God capped off His work in creation with a day of rest? Why did He include it in the ordering of life?

What do the OT laws of sabbath-keeping tell us about the purpose of the practice (Ex 20:8-11; Dt 5:12-15)?

Why is it important for us to spend one day per week being "unproductive?"

How have humans distorted God's intent for sabbath-keeping? How does Jesus help us reorient it for our benefit (Mk 2:27)?

How does sabbath-keeping strengthen our sense of eternal hope?

What damage is done to our lives, our Christian growth, and our participation in God's redemptive mission when we fail to keep a Sabbath?

What are some ways that we can make sabbath-keeping burdensome?

List some actions you can take to ensure that sabbath-keeping gives you a weekly taste of life in the New Creation.