

Sunday 26th March 2023 - Sabbath Rest  
Genesis 2:1-3, Exodus 20:8-11

This morning, as we were unable to host a representative from CAP (Christians Against Poverty), I added in a 'one-off' Sunday on the theme of 'Sabbath Rest'. We will return to our series on Nehemiah immediately after Easter.

1. What does 'Sabbath Rest' mean to you in this day and age? What are the characteristics of it that make it different from the rest of the week?

I talked, this morning, about the fact that God created the Sabbath on the 7th day and then rested.

2. Why do you think that God created the Sabbath? Why did He then rest?

3. Jesus said that people weren't made for the Sabbath, but the Sabbath for people. What was He telling us about the way we live our lives today?

4. How seriously do you take the Sabbath? What does it mean for you?

I suggested 4 things that might help us to keep and benefit from observing the Sabbath in the way the Bible suggests.

- *The Sabbath is about stopping work*

- *People who keep the Sabbath special, spend time reflecting*

- *People who keep the Sabbath special, have recreation*

- *People who keep the Sabbath special, remember all that God has done*

5. Taking each of these points in turn, spend some time talking about what they could mean for each member of the group and suggest some practices that could be adopted to help each member build them into their Sabbath day.