

"THE SABBATH: GOD'S PROVISION FOR DISCOVERY AND RECOVERY" PART 2

Main Idea: The God who created us for Himself gave us the gift of setting aside one day a week to be released from our work in order to be re-oriented and replenished in His presence.

Sabbath: God's Gracious Gift for Discovery

It re-orientes us to our ultimate purpose

Connecting with the God who delights to reveal Himself

Exploring and probing the depths of his character

Sabbath: God's Simple Gift for Recovery

The seven-day rhythm of creation's DNA

The consequences of obeying or disobeying God's mandate

Sabbath Questions:

Is strict Sabbath observance exclusively a Jewish practice?

The timing of the first Sabbath suggests it is transcultural and trans-covenantal

The fact that it is not commanded in the New Testament is a weak argument for discontinuation

Is Saturday still the divinely sanctioned day for Sabbath?

The evolution of Sunday as the official day of rest

The implications of Romans 14

What should we do or not do on the Sabbath?

The "I desire mercy not sacrifice" principle

The one indisputable Sabbath rule—"Do not work"
What is work"

The *have-tos* vs. the *get-tos*

The necessity of intentionality in preparation

Family Life Groups

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Romans 14:5-6

Main Idea: The God who created us for Himself gave us the gift of setting aside one day a week to be released from our work in order to be re-oriented and replenished in His presence.

- 1) When Paul wrote to the Romans, some in the church believed that one day was more sacred than another, and others believed that all days were equally sacred (14:5-6). That is still true today. What factors contribute to one’s view about the sacredness of certain days? What is your view? On what do you base your view?
- 2) What are the things you *must* do six days of the week that you “ought” to refrain from doing on your day of rest?
- 3) What are some things that would facilitate “discovery and recovery” on your day of rest?
- 4) How can you be intentional about *preparing* for “discovery and recovery” on your day of rest?

Questions? Contact Pastor Stan at stan@ebcsalem.com.