

*For Heaven's Sake, Give It a Rest!: God's Radical Sabbath Command*  
Session One – Remembering the Sabbath: Beyond Worship, A Wholly Endeavor  
Pastor Ruud – October 2023

### **Session Overview**

Ever feel life is too busy? Or like the world races ahead and it's all we can do to keep up? Or like each day seem is an endless list of demands and to-dos amid the yearning and/or incessant pressure to accomplish, achieve, amass, or produce? We recognize "Remember the Sabbath day and keep it holy" as one of God's storied 10 Commandments in scripture, but what does it really mean? In this session, we'll examine the key stories of ours and God's relationship to Sabbath, what it says about God and God's wishes for us, and what worldly forces God's command confronts.

### **Key Scripture**

#### **Genesis 2:1-3**

*2Thus the heavens and the earth were finished, and all their multitude. 2And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. 3So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.*

#### **Exodus 20:1-17 (specifically 8-11)**

*8 Remember the sabbath day, and keep it holy. 9For six days you shall labour and do all your work. 10But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. 11For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.*

### **Questions**

1. What are your initial thoughts about Sabbath? How would you explain "Sabbath"? What is it? How do you/we keep it? How or what it is to "remember the Sabbath day and keep it holy"?
2. What are some of the attacks, hindrances, or obstacles to Sabbath?
3. What important insights might be gathered from the key Scripture texts for this session?
4. What does the Sabbath example and command teach us about God and God's wishes for us?

**Prayer:** *God of Sabbath, instill in us the desire and commitment to take your example and command of Sabbath rest to heart for the sake of your love for us and all creation. Amen.*