

Sabbath: The Pecking Order

Deut. 5:12-15, Deut. 6:10-12, Hebrews 4:9-10

Apr. 29, 2018

WARM-UP QUESTIONS:

1. When you think of Sabbath, what comes to mind? How do you practice Sabbath in your life? What makes this worthwhile? What makes this challenging?
2. What does it mean when Pastor Jason says that Sabbath is more than just a day off?
3. Share an experience involving the pecking order in your work environment. How did this experience affect the people in the situation?

REFLECTION QUESTIONS:

1. Read Deuteronomy 5:12-15. Why were slaves, servants, and even foreigners to be included in the Sabbath rest?
2. Reflect on Hebrews 4:9-10. What is meant by "God's rest" and how does a person experience this rest?
3. Dorothy C. Bass says "Sabbath crystallizes the Torah's portrait of who God is and what human beings are most fully meant to be." What do you think she is saying?
4. Pastor Jason says that Sabbath was not only to remind us of being free from the oppression of Egyptian slavery, but also to keep us from becoming Pharaohs ourselves. What does he mean by this, and is this a real danger?

APPLICATION QUESTIONS:

1. What would your "ideal" Sabbath look like? What would you do? Who would you be with? Explain your response
2. What would our society look like if our entire nation honored and practiced Sabbath?
3. Pastor Jason says that using the Sabbath to rest is pointless on its own - we need to invite Jesus into it. How might we do this?
4. He also encourages, "The Sabbath's effects should overflow into the rest of our week." What are these effects? Who else in your life is in need of them?