**“Practice of Sabbath”**

Going deeper in Ex 29:46, Rev 21:3, Gen 2:2, Lk 4:16 & Mt 18:2

**INTRODUCTION** – The following verses tell us more about the Sabbath and the vital part it plays in God’s plan for humanity.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.*

Exodus 29:46 – They will know that I am LORD their God who brought them out of the land of Egypt so that I might live among them. I am the LORD their God.

Revelation 21:3 – And I heard a loud voice coming from the throne saying, “Now the dwelling of God is with them and he will live with them. They will be his people, and God himself will be with them and be their God.

Genesis 2:2 – On the seventh day God finished the work he had been doing and he ceased on the seventh day from all the work which he had done.

Luke 4:16 – Jesus came to Nazareth where he had been raised. As was his custom on the Sabbath, he went to the meeting place and stood to read.

Matthew 18:2 – The Son of man is Lord of the Sabbath.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. What has been your experience with the practice of Sabbath? Positive or negative?

2. What does Exodus 29:46, Revelation 21:3 and the numerous similar verses tell you about God’s intentions for humanity? How might the practice of Sabbath be related to God’s intentions for his relationship with you?

3. Why do you think it was part of Jesus’ custom to practice the Sabbath? Is it significant that Jesus’ first public act of ministry takes place on the Sabbath? Why or why not?

4. What does it mean that Jesus is Lord of the Sabbath? Is he Lord of your Sabbath?

5. What did you learn about Sabbath from this sermon (or these passages)?

6. What are Sabbath practices that you think would be might be important for you to try or continue? Why?

**PRAY** – *God has spoken. So, reply.*

\*Spend some time in silence just being with the Lord.

\*Thank the Lord that for his love and faithfulness. Give your day to him.

\*Ask the Lord to show you how Sabbath might become part of your journey with him.

**LIVE** – *This is where the rubber hits the road.*

Jesus practiced the Sabbath. What Sabbath practices are you going make an integral part of your journey with Jesus?