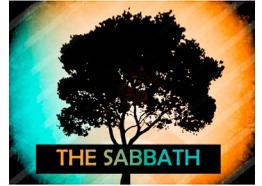
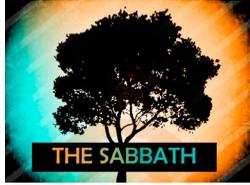


FIVE WEEK SERIES ON THE SABBATH





FIVE WEEK SERIES ON THE SABBATH

INTRODUCTION

During this small group series, we are going to spend five weeks studying various aspects of the Sabbath. This series should help us all have a renewed appreciation for God’s holy day and give us a deeper desire to spend time with our Creator during the Sabbath hours.

PURPOSE FOR SMALL GROUPS:

1. Making Connections
2. Learning about God
3. Participate in Ministry
4. Opportunities for Prayer

ORDER OF A SMALL GROUP MEETING:

- a. Welcome and Worship: 15 minutes
- b. Prayer: 15 minutes
- c. Outreach: 30 minutes
- d. Discussion: 30 minutes

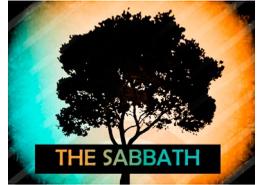
OUTLINE

Welcome and Worship: (15 minutes) Begin your groups on time to honor those that are there and establish the habit of beginning and ending on time. Be certain everyone is introduced each meeting.

a. *Icebreaker Questions* -

- February 4 - Describe your best vacation ever?
- February 11 - What is your sleeping habit like?
- February 17 - What does your typical Sabbath day consist of?
- February 24 - Describe a time of anxiety in your life?
- March 4 - What impact did this small group topic have on you?

FIVE WEEK SERIES ON THE SABBATH



- b. *Fill out roster*
- c. *Hymn or praise music*

Prayer: (10 minutes) There are two prayer sheets. On the Blessing List, write the names of the new acquaintances the group is each Sabbath. Also, list coworkers, family, friends, and neighbors the group is praying for to give their hearts to the Lord.

The second prayer sheet is the “Prayer and Praise” list for the group members to share their personal requests and report answered prayers.

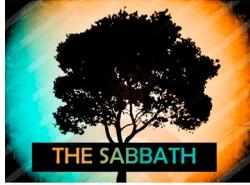
Outreach: (25 minutes)

- a. *Clinic in a Box* - Clinic in a Box is basically an offsite medical clinic provided by several L.A. Metro Region churches along with the Adventist Health System. The Downey-Florence Seventh-day Adventist Church will be hosting this clinic on March 19 and 20, and we will need many volunteers for this event. During our small group sessions, each group will plan ways to help make sure that this event will be a success. We will need to recruit health care professionals, promote our event throughout our community, and assign our members to various tasks.
- b. *Celebration Sabbath* - Each group is to provide food for our potluck as we wrap up our series with a time of sharing and fellowship.

Discussion: (45 minutes)

Read the assigned Bible verses, and then, answer the questions on the study guide.

- February 4 - Sabbath and Creation
- February 11 - Sabbath and Law
- February 17 - Sabbath and Observance
- February 24 - Sabbath and Jesus
- March 4 - Sabbath and Christianity



FIVE WEEK SERIES ON THE SABBATH
SABBATH AND CREATION
WEEK 1- GENESIS 2:2-3

Theme Text:

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2-3

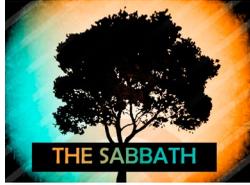
Study questions:

- 1** Read through Genesis Chapter 1 and discuss how the creation story reflects the character of God.
- 2** What does Genesis 1:27 teach us about God creating mankind compared to the rest of his creation?
- 3** Our God created the entire Universe with all the galaxies that are in its existence. Did God need to rest from the effort it took to form the earth? Discuss why did God chose to rest on the Sabbath day.
- 4** What does the creation of the Sabbath say about what God wants from us?

FIVE WEEK SERIES ON THE SABBATH
SABBATH AND CREATION
WEEK 1- GENESIS 2:2-3



- 5** The third chapter of Genesis describes the fall of humanity, and discuss with your group what are the consequences of sin. Compare your thoughts with Isaiah 48:22.
 - 6** Especially when we read Genesis 3:23-24, why would this event make the Sabbath even more meaningful for us?
 - 7** Describe in your own words how God's love is revealed on the Sabbath, and do your Sabbath experiences show that your love for God is reciprocated? Why or why not?
- Final thought:** Describe your relationship with your father, and discuss comparatively the desired relationship God wants from us as it relates to the Sabbath.



FIVE WEEK SERIES ON THE SABBATH
SABBATH AND THE LAW
WEEK 2- DEUTERONOMY 5:12-15

Theme Text:

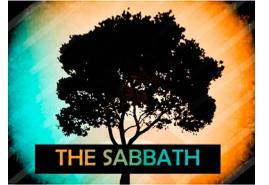
12 “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. 15 Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.

Deuteronomy 5:12-15

Study questions:

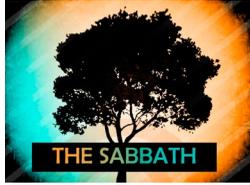
- 1** Read Exodus 20 and discuss the many components of the law of God. For example, define what is the law of God, what is its function and where does it come from?
- 2** In Deuteronomy 11:1-2, what was Moses’ reason for us to love God and to love his laws? Discuss your impact on others when you have or have not followed the Lord.
- 3** Compare the differences between the Sabbath commandment in Exodus 20 to Deuteronomy’s version found in chapter 5 verses 12-15. When discussing the Sabbath as a memorial for creation, why is that aspect even more meaningful for us today?

FIVE WEEK SERIES ON THE SABBATH
SABBATH AND THE LAW
WEEK 2- DEUTERONOMY 5:12-15



- 4** It is written in the fourth commandment to be sure that not only should we keep the Sabbath, but we need to be sure that others are not breaking the Sabbath on our behalf. How conscientious are you of this during the Sabbath hours?
- 5** In Exodus 20: 8-11, the text starts out with “remember the Sabbath day and keep it holy”. As Seventh-day Adventists, we find it remarkable that the one law that says “remember” is the one law that the world has forgotten. Discuss this topic with your group.
- 6** Read Daniel 7:25 and discuss how this prophecy points to an entity that will speak against God and will try to change set times and laws. How should we interpret this verse as it relates to the Sabbath?
- 7** Read Jeremiah 31:33 and discuss what it means to have the law of God written in your heart.

Final thought: How can we experience the Sabbath in a way that reflects the meaning of Jeremiah 31:33?



FIVE WEEK SERIES ON THE SABBATH
SABBATH AND OBSERVANCE
WEEK 3- ISAIAH 58:13-14

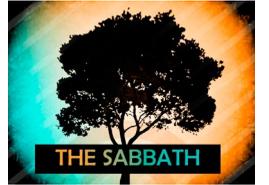
Theme Text:

13 “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, **14** then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken. Isaiah 58:13-14

Study questions:

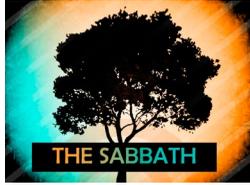
- 1** Read Proverbs 2:1-11 and discuss with your small group the benefits that come from following God such as keeping his commandments.
- 2** This week’s theme text says to call the Sabbath a delight. How do you personally keep the Sabbath in a way that it is a delight for you?
- 3** In which way, does someone dishonor the Sabbath as mentioned in Isaiah 58:13? Do you ever feel like you are dishonoring God in the way you keep the Sabbath?
- 4** Read Leviticus 23:3, and discuss what sacred assembly means as it relates to the Sabbath.

FIVE WEEK SERIES ON THE SABBATH
SABBATH AND OBSERVANCE
WEEK 3- ISAIAH 58:13-14



- 5** In Numbers 15:32-36., we learn the seriousness in the way the Israelites kept the Sabbath. Why was there such an extreme adherence in keeping the Sabbath and such a strict penalty if the Sabbath laws were broken? Considering God’s love and mercy, how should Seventh-day Adventists interpret Numbers 15:13-14?
- 6** The laws on the Sabbath became a rigid and complex system to keep the sanctity of the Sabbath. For example, to open a refrigerator door on the Sabbath, one must first disconnect the refrigerator’s light before the Sabbath or it violates the Sabbath laws. How do we prevent from being legalistic but still preserve the sanctity of the Sabbath?
- 7** If you were to write the Sabbath laws what would you have on it? What are the things that you would consider acceptable or not acceptable as what to do on the Sabbath?

Final thought: What do you think is God’s ultimate desire and purpose for our obedience as it relates to the Sabbath?



FIVE WEEK SERIES ON THE SABBATH
SABBATH AND JESUS
WEEK 4- MATTHEW 12:6-8

Theme Text:

6 I tell you that something greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath. Matthew 12:6-8

Study questions:

- 1** In John 15:10, what happens when we keep Jesus' commands? What does it mean to remain in his love? How can keeping the Sabbath help us remain in his love?

- 2** Read Luke 4:16, what does this verse tell us on whether Jesus kept the Sabbath?

- 3** Read Matthew 12:1-12, what does Jesus imply when he says, "for the Son of Man is Lord of the Sabbath"?

- 4** Discuss Jesus' point about whether it is lawful to heal on the Sabbath. How should we interpret that point for our own Sabbath keeping?

FIVE WEEK SERIES ON THE SABBATH
SABBATH AND JESUS
WEEK 4- MATTHEW 12:6-8



- 5** Read Mark 2:23-28. What is the basic principle given when Jesus said, "the Sabbath was made for man and not man made for Sabbath"?

- 6** Matthew 11:28-30 says that Jesus will give us rest when we come to him. Discuss these verses and describe how coming to Jesus has given you rest.

- 7** While Matthew 11:28-30 is not directly referring to the Sabbath, how could this message impact how we are to view the purpose of the Sabbath?

Final thought: What do you do or what can you do to be sure that you are resting in Jesus when you are keeping the Sabbath?



FIVE WEEK SERIES ON THE SABBATH
SABBATH AND CHRISTIANITY
WEEK 5- HEBREWS 4:8-11

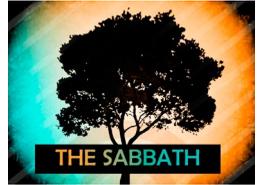
Theme Text:

8 For if Joshua had given them rest, God would not have spoken later about another day. **9** There remains, then, a Sabbath-rest for the people of God; **10** for anyone who enters God's rest also rests from their works, just as God did from his. **11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. Hebrews 4:8-11

Study questions:

- 1** Compare the differences between Hebrews 8:10 and Colossians 2:14, and discuss the perspective that the New Testament has on the law of God. How should Christians determine what is the function of the "law of God"?
- 2** What does it mean when Jesus said that he came to fulfill the law in Matthew 5:17-32? How can we even surpass the Pharisees, and how can we even expect to keep Jesus's standard of the law?
- 3** In Acts 20:7, Paul broke bread with Christians on Sunday. How should we understand this verse as it talks about whether we should keep the Sabbath or not?

FIVE WEEK SERIES ON THE SABBATH
SABBATH AND CHRISTIANITY
WEEK 5- HEBREWS 4:8-11



- 4** In Revelation 14:9-13, discuss the third angel of the three angels message as it talks about worship. What is worship and what is the significance of the Sabbath on how we worship?
- 5** How would you describe your personal worship to the Lord? Do you believe that your worship to God has an impact on your life?
- 6** Philippians 4:4-7 gives us an understanding on how we should live. How accurate does your life reflect these verses? How can the Sabbath help you obtain the peace that is described in these verses?
- 7** Read Hebrews 4:1-13 and discuss its meaning as it connects Christianity with the Sabbath. After reading these verses, define what is the ultimate purpose for the Sabbath. How can we ever enter the type of rest that is described in Hebrews 4:1-13?

Final thought: Do you believe that there needs to be a deeper commitment in your life on experiencing the Sabbath. Discuss why or why not?

