

4. Creation is brought to its completion on the seventh day, and the phrase, “there was evening and there was morning,” doesn’t appear on day seven. It’s like a day with no end. Consider the seventh day of creation as an ultimate rest day. What do you think it would be like to always live in that rest with God?
  
5. Adam and Eve believe (and act on) lies about God and themselves in Genesis 3. How do you think lies about God and ourselves prevent us from resting with God today?
  
6. Jesus comes to restore us to God's eternal rest! How does Jesus make this point by what he says in Matthew 11:28, 12:6, and 12:8?
  
7. Although we'll explore this more next week. how would you begin to answer the question, “How can you keep the Sabbath well?”

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Where is God leading you with your BLESS list this week?




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## SERMON APPLICATION GUIDE

### Responding to Jesus

“Getting Sabbath Rest Right” (Part 1)

Matthew 12:1-14

Matthew 11: 28 “Come to me, all you who are weary and burdened, and I will give you rest.”

(The Message) Matthew 11: 28-30 “Are you tired? Worn out? ...Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace...”

### Getting Sabbath Rest Right

To get Sabbath rest right, we need to be able to answer three key questions:

- What is Sabbath rest about?
- How can keeping the Sabbath go wrong?
- How can we keep keep Sabbath well?

1. What is Sabbath rest about?

- Ceasing from \_\_\_\_\_

Shabat = “to cease from,” “stop,” “rest,” “end”...

Joshua 5: 12 “The manna ceased/stopped (shabat) on that day...”

Genesis 2: 2 ...on the seventh day he rested/ceased (shabat) from all his work...

What does it mean to stop “working”? (Hint: Answering this question is much more complicated than you ever imagined.)

- R \_\_\_\_\_  
It’s not just about rest from work.

Nuakh = "rest," "settle in"

Exodus 20: <sup>8</sup> "Remember the Sabbath (ha shabbat) day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath (shabbat) to the Lord your God. On it you shall not do any work...<sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested (nuakh; "settled in") on the seventh day. Therefore the Lord blessed the Sabbath (shabbat) day and made it holy.

Psalms 132: <sup>13</sup> For the Lord has chosen Zion, he has desired it for his dwelling, saying, <sup>14</sup> "This is my resting place (menuakh = noun form of nuakh = "settling in place")..."

"God's Sabbath was not a withdrawal from the world and its operations. It was not a vacation or a nap. Rather, it was the point at which he stopped bringing order [from chaos] to creation and took his place at the helm of what had been created." (Tim Mackie)

The seventh day is the goal of creation. There is no evening and no morning of the next day. God living with us is the goal of creation.

Just as the seventh day was a day when God stopped working and settled into his creation, to live with us, to commune with us, so also the Sabbath was more than stopping work or resting from work, it was about communion with God.

- Restorative \_\_\_\_\_

Restorative justice is about getting us as close as possible to the way things were supposed to be (Genesis 1-2) and the way it was before sin entered the world (Genesis 3), a time of human flourishing the Bible identifies as Shalom (peace).

Deuteronomy 5: <sup>14</sup> On [the Sabbath] you shall not do any work...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. <sup>15</sup> Remember that you were slaves in Egypt...

Resources:

- The BibleProject ([BibleProject.com](http://BibleProject.com)): "Sabbath" theme video; "What Is the Sabbath in the Bible and Should Christians Observe It? An Invitation to Holy Rest," by Missy Takano; "Sabbath: Study Notes"; 14 episodes of their Podcast called "Seventh-Day Rest - Sabbath."
- Sabbath resources at [PracticingtheWay.org](http://PracticingtheWay.org).

## Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking over your notes from this week's sermon, what particularly caught your attention, challenged, or confused you?
2. Read Matthew 11:28-12:1-14. What are the connections you see between what Jesus says in 11:28-30 and what happens in 12:1-14?
3. Watch the BibleProject "Sabbath" video at <https://bit.ly/3w8dDWu> or use the QR Code below. Take notes here.

