

5. What are some of the ways Sabbath keeping can go wrong today?

6. How might you be tempted to take Sabbath keeping in a wrong direction personally?

7. What have you needed to hear from this passage and these two sermons?

8. If you have studied this topic beyond this sermon (for example, you may have used some of the practicetheway.org or BibleProject resources below), what have been some important ideas that were not in the sermon that you have found helpful and might be helpful for others in the group?

Responding to Jesus

“Getting Sabbath Rest Right” (Part 2)

Matthew 12:1-14

Getting Sabbath Rest Right

1. What is Sabbath rest about?

- Ceasing from work, rest, and restorative justice.
- J_____

Daniel 7:13-14

It’s like Jesus is saying, “The true and greater king is here. The true and better priesthood is here. The true and better temple is here. In the story of God, all these individuals (like David), all the roles (like king and priest), all the institutions (like the temple) were pointing to me all along. Even the Sabbath pointed to me. Sabbath rest is found in me.”

- The Kingdom of _____
Luke 24:25-27, 45-47

Matthew 12: ⁶ I tell you that something [not someone] greater than the temple is here.

Matthew 4:17

When Jesus refers to the Kingdom of Heaven, he means God’s _____ and realm have come near and broken into the earthly realm.

Sabbath is about the Kingdom of Heaven. That means that whatever it means to keep the Sabbath well as followers of Jesus, it will _____ the kinds of things—actions, attitudes, relationships, priorities, practices—that would have characterized life in Genesis 1 and 2 and will characterize life in the New Creation.

2. How can keeping the Sabbath go wrong?

- Insist the Sabbath command is no _____ than any other of the 10 Commandments.

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



It seems to me that to _____ Sabbath would be similar to neglecting prayer or Bible reflection in your life.

- Focus on certain aspects of Sabbath keeping while _____ others.

Our modern temptation might be to apply Sabbath _____— to keep it only with family and a few close friends, or to idolize rest by applying it in a self-centered way.

3. How can we keep Sabbath well?

- Take large _____ of Sabbath rest throughout the week if we can't dedicate a 24-hour period.

It takes significant blocks of time to _____ the typical 24/7 cycle of work punctuated by mindless entertainment.

- Expect pain and _____.
- Include _____.
- Be _____.
- Do _____.
- Keep Sabbath with _____ (Connect).

For the Ruth Haley Barton quote, go to henry-williams.net.

Resources:

- The BibleProject (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 practicetheway.org.
- BibleProject videos: "Peace (Shalom)" and "Gospel of the Kingdom"
- For more on the Kingdom of Heaven in Matthew, go to the sermon on June 3/4, 2024 at <https://bit.ly/49dT5dZ>.
- Watch "How to Maximize Dopamine & Motivation - Andrew Huberman" (<https://bit.ly/3w9VDLJ>) if you want to explore some interesting ideas about the discomfort and pain we experience when slowing down and eliminating things like social media for a block of time.

Personal Reflection & Small Group Questions

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

1. Read Matthew 11:28-12:1-14. This week's reflection questions are focused entirely on thinking through, individually and as a group, how to keep the Sabbath well in our own lives. It might be helpful to re-watch or watch the BibleProject "Sabbath" video at <https://bit.ly/3w8dDWu> (or use the QR Code below). Take notes here.



2. How is Jesus deepening the meaning and practice of Sabbath keeping for his followers?
3. How would you explain the importance of setting aside a large block of time or a day for rest, replenishment, service, and worship to a curious 13-year-old?
4. How would you design a biblically balanced and biblically informed Sabbath rest day in your life?