RE:CONNECT

What do you like to do when you need a rest and want to feel re:freshed or re:charged?

What is 'the Sabbath' and why do people hold it?

Describe an ideal Sabbath that YOU would enjoy experiencing.

Brainstorm and talk about questions you have about the Sabbath.

EG. Why is it spelt with a capital letter? What does it mean to 'hold' Sabbath? What does it mean that someone shouldn't do work for me?
(Deuteronomy 5:13-14)

Was the Sabbath made for humans, or humans for the Sabbath?

Look at **Mark 2:27** to find out.

Then He said to them, "The _____ was made for _____, not _____ for the _____.

Humans are a big reason for the Sabbath, but the day is also for whom?
(Exodus 20:10)

? What is the difference between these 2 ideas?

The Sabbath was made for humans.

versus

Humans were made for the Sabbath.

? Does this change what activities you might do on Sabbath?

? What are your thoughts on this quote?

"I don't keep the Sabbath - the Sabbath keeps me!" - *Michael Pearson*

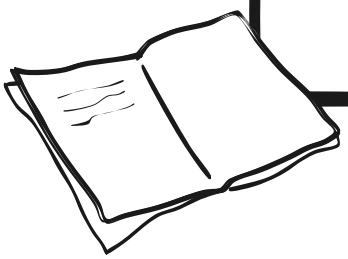
? How you would explain Sabbath to someone hearing of it for the 1st time?

_____

_____

_____

I woke up and went downstairs to find out that it was my birthday. It wasn't actually my birthday, but I was staying with some friends who wanted to celebrate me and wouldn't be able to on the actual day. So they had planned a whole day full of time together doing things that I like, with people I love. They had prepared their schedule in advance to create time for togetherness with me. Can you imagine how special and loved I felt?!



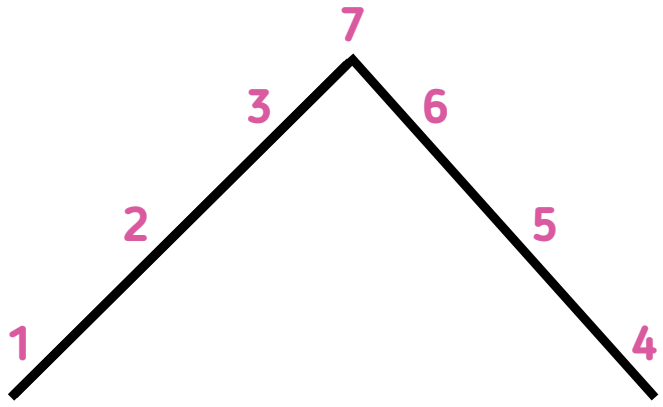
? How would you feel if someone arranged their schedule just so that they could spend more time with you?

? On the flip side, how would you feel if you and a friend had planned to spend time together, and they arrived late, brought their chores with them and were busy and distracted the whole time?

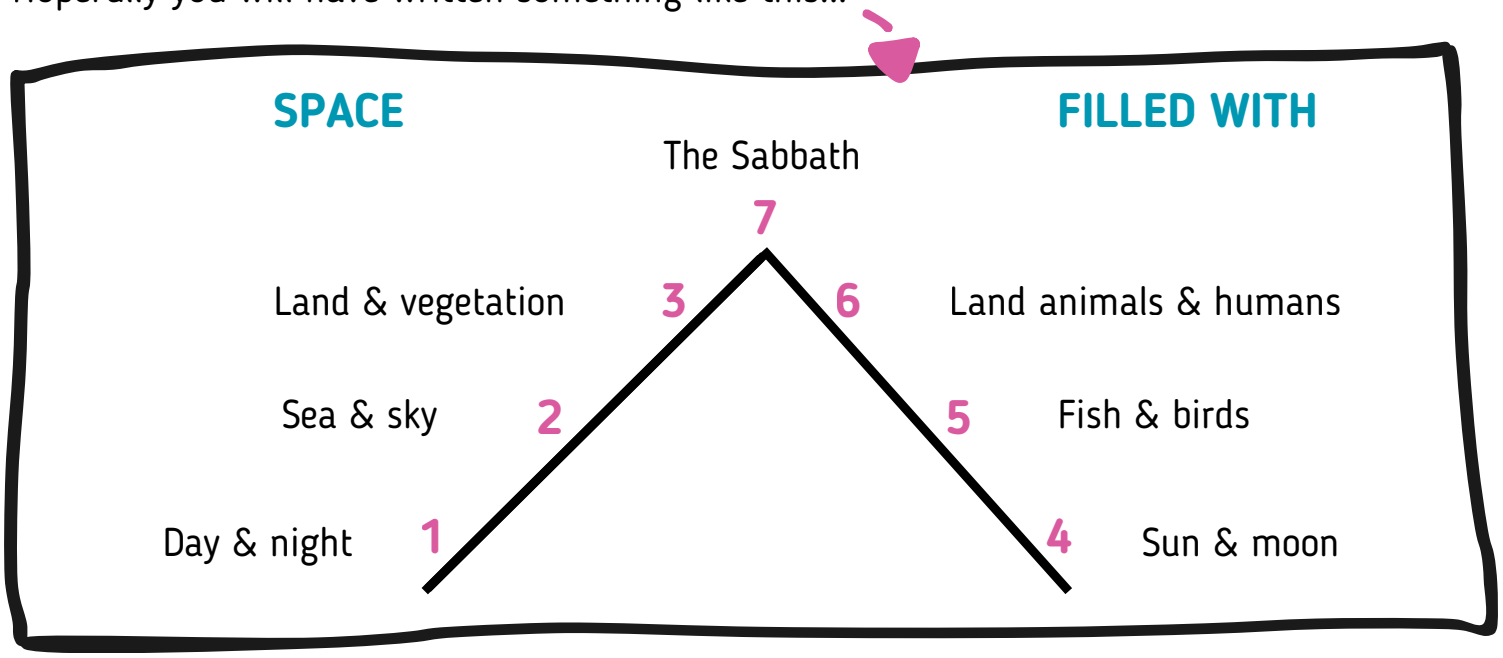
CHIASTIC STRUCTURE

There is a fun pattern used in the Bible which often points to something specific, to emphasise it. This is called a chiastic structure, which means that a point can be highlighted in the middle of ideas that are **re:**peated in **re:**verse order.
Let's look at an example and it should make more sense.

Read through **Genesis 1:1-2:3** and write what God created on each day next to the numbers below.



Hopefully you will have written something like this...



On the first 3 days, God forms physical **SPACES**.
On the next 3 days, God **FILLS** those spaces with material things.
Do you see the connections??

The **space** of day gets **filled** with the sun.
The **space** of sea gets **filled** with fish.

But what about the Sabbath? Can you see how it is emphasised at the top of the chiasm?
At the pinnacle of it all, God creates a **different** type of space.

The Sabbath is a **space** of TIME which gets **filled** with **re:**lationship, sanctity and blessing.

The chiastic structure highlights the grand focus point of creation which was **the Sabbath**.
This is the only day of creation that happens again and again, where the space is filled in the same way each week. (*Days 1 - 6 still happen, but the sea and sky aren't being created every week for example*).

? What could the Sabbath be a weekly **re:**minder of?

? What does it mean to you that the focus of creation was 'togetherness'?

? What other special elements about the Sabbath do you notice in the creation story?

? What is the difference between 'observing' and 'experiencing' the Sabbath? Which one do you do mostly?

Exodus 20 and **Deuteronomy 5** are the 2 places in the Bible where the 10 commandments are written.
However there is 1 difference in the recounts. Yep, you guessed it.
It is to do with the fourth commandment, which is about the Sabbath.

Read both versions and write the differences below.

Exodus 20:8-11

_____

_____

Deuteronomy 5:12-15

_____

_____

How important is the Sabbath, if it is one of the 10 commandments?

The Sabbath is a **re:**minder of CREATION (Exodus 20) and **RE:**DEMPTION (Deuteronomy 5).

- It is a taste tester for what is to come.
- How it was in the start is how it will be in the end.
- We will have full TOGETHERNESS with God and each other.

Read **Matthew 11:28-30** and fill in the blanks for **V28**.
'_____ to me, _____ you who are _____ and _____, and I will _____ you _____.'

Read **Isaiah 58:13-14** and fill in the blanks for **V13**.
'"If you keep your feet from _____ the Sabbath and from _____ as ____ _____ on my _____ day, if you call the Sabbath a _____ and the Lord's holy day _____, and if you _____ it by not going your own way and not doing as _____ _____ or speaking idle words.'

What does it mean to break the Sabbath?

Can the Sabbath be any day? Why or why not?

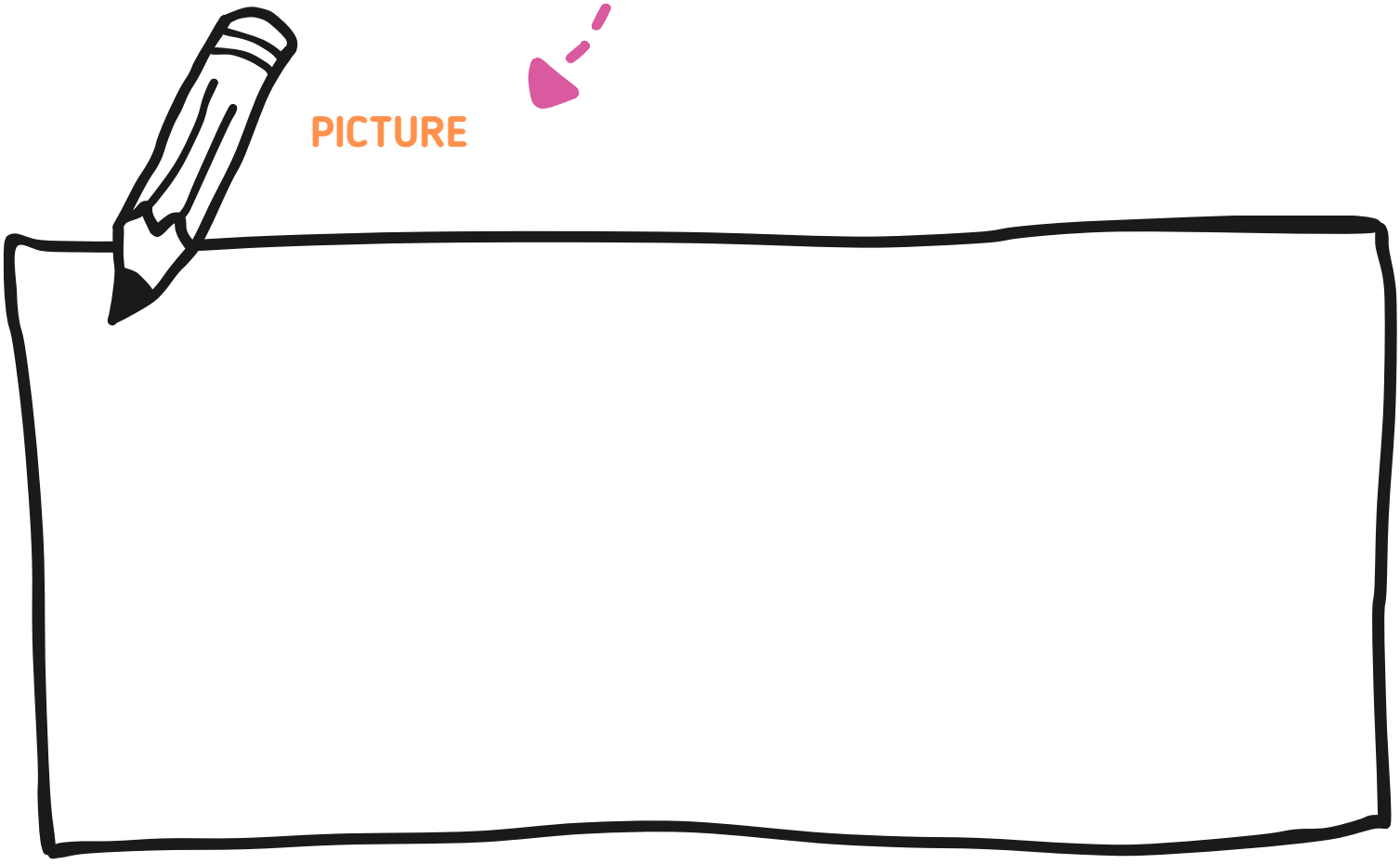
Fun Fact: Erev Shabbat (Hebrew), means "Eve of Shabbat", which is Friday evening at sunset, signalling the start of the Jewish Sabbath.

"For so many years I got it wrong. I used my Sabbath to prepare for the rest of the week, when I should have used my week to prepare for Sabbath."
- Kathi Lipp

? What does the fact that Sabbath is the focus of creation, it is the only day that was blessed, and that it is one of the 10 commandments, suggest about its importance?

? The 10 commandments highlight that the Sabbath is to be observed and **re:**membered. Why do you think those 2 points are brought up?

? Have you ever felt that the Sabbath was a burden or boring?
What if we **re:**framed our thinking? Instead of thinking of what we feel we aren't allowed to do on Sabbath, we thought about all the things we GET TO DO.
EG. I get to **re:**lax and not feel pressured to stick to the everyday routine.
I get more time to spend with my friends and family.
I don't have to do homework and think about work.



Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you. Is there a theme in what you noticed?

SONG

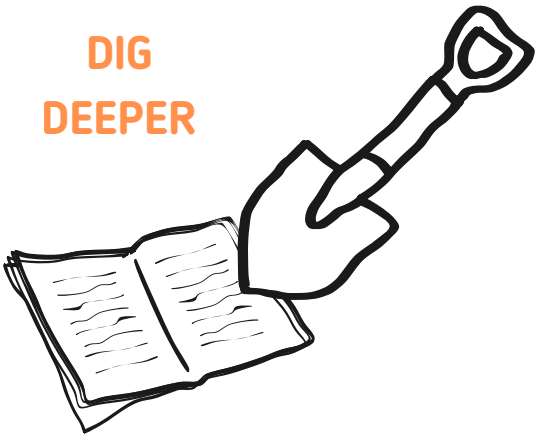
I Can Only Imagine - *Mercy Me*

QUOTE

God felt it was so important the He placed the Sabbath on His top 10 list.

- *Laura Khandagle*

DIG DEEPER



Extra verses to extend the exploration!

Matthew 12:1-12

Exodus 31:12-18

Isaiah 56:1-8

PONDER

- Are you starting to see the Sabbath in a new and **re:**freshing light and how might you modify how you currently keep Sabbath?

- After learning more about the Sabbath as 'togetherness time with God', how will you **re:**connect with God more intentionally?

WORD

Summarise this time together in 1 word or sentence.

*What is something you want to **re:**member?*

Use this word now in a short prayer between you and God.

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