

Weekly Study Guide

The week of November 30, 2014

Daily Readings

Monday	Hebrews 4:9-12	Tuesday	Mark 2:23-28	Wednesday	Exodus 20:8-11
Thursday	Deuteronomy 5:12-15	Friday	Isaiah 58:8-12	Saturday	Isaiah 58:13-15

My notes on this week's readings...

Next Week in Worship

Next week's message: *The Gift of Stop*

Next week's readings: Exodus 20:8-11, Luke 4:31-37

Can you keep the Sabbath without being a legalist? Can we receive the gift of "stop" without being a Pharisee? Join us next week to learn how Jesus received the gift of Sabbath and gave this gift of freedom to all who follow him.

first lutheran church

4000 linden street • white bear lake, mn • 55110 • 651.429.5349 • flcwb.org

Group Discussion

Connect

What has your experience been like with practicing Sabbath?

Learn

Jesus often had conflicts with the Pharisees surrounding his actions on the Sabbath, yet Jesus affirmed that Sabbath is a gift for us.

- **Read Mark 2:23-28.** What was at stake in the conflict that Jesus had with the Pharisees surrounding the Sabbath? What mattered most to the Pharisees? What mattered most to Jesus?
- Why was the Sabbath such a gift to God's people?
- In your experience, do you find that it is easier for you to fall into the trap of missing the heart of the Sabbath or not practicing the Sabbath at all?
- In the midst of our fast-paced culture, why do you think practicing Sabbath could be a gift to us?

Throughout the story of God working through his people, God desired his people to take a Sabbath.

- Read a few passages that show us God's heart behind the Sabbath: Exodus 20:8-11, Deuteronomy 5:12-15, and Isaiah 58:13-15.
- See how many purposes for the Sabbath you can find in these passages.
- What does the Sabbath remind us about God? About ourselves?
- How does the Sabbath help us to experience freedom?

In Hebrews 4, we find God's desire for Christians to enter into his Sabbath rest. Ironically, God says that entering his rest takes "effort."

- Read Hebrews 4:9-11. What kind of effort do you think God intends us to give to enter his rest?
- Why does resting in the Lord take intentionality?
- What would you need to trust God with in order to rest?

Apply

What would it look like for you or your family to grow in practicing Sabbath this week? What benefit do you think you or your family would experience from that?

Pray

Spend some time praying for each other that we could grow in finding freedom to rest and trust in God as our King.