

DISCOVERING THE BIBLE

LESSON 26

SABBATHKEEPING

“Remember the Sabbath day by keeping it holy.”

Exodus 20:8

- We can keep every other day strictly but that won't make that day holy
- Only God can make a day or object holy
- 'Holy' means to be 'separate' or 'different'
- In the case of the Sabbath that means we would not treat it like any other day

“ It is a sabbath of rest for you, and you must deny yourselves. From the evening of the ninth day of the month until the following evening you are to observe your Sabbath.”

Leviticus 23:32

- We are to celebrate Sabbath from evening to evening—Friday sunset to Saturday sunset.
- Genesis 1 points out that God measures the day from evening until evening
- What do you think 'deny yourself' means?

“Six days you shall labour, but on the seventh day you shall rest; even during the ploughing season and harvest you must rest.”

Exodus 34:21

- The Sabbath is to be kept year round.
- Harvest is the busiest time of year for the farmer. Nothing is so important that it is more important than keeping the Sabbath.

"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 honourable, and if you honour it by not going your own way and not doing as you please or speaking idle words,

Isaiah 58:13

- We are not to do our own things, our own pleasure or speak our own words.
- The day is to be devoted to God.
- We are to call the Sabbath a delight
- How can we make the Sabbath a delight for ourselves and others?

“It was Preparation Day (that is, the day before the Sabbath). So as evening approached....”

Mark 15:42

- The day before the Sabbath, Friday, is the preparation day.
- We prepare for Sabbath by taking care of such things as cooking, cleaning so that you can be free to spend time with God and His people on Sabbath.

“He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read.”

Luke 4:16

- Jesus' custom was to go to church on Sabbath
- How could we turn this experience into a delight for ourselves and others?

“...and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, “Is it lawful to heal on the Sabbath?” He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath.”

Matthew 12:10-12

- We should aim to do good things for others on Sabbath.
- Acts of healing and mercy to men and animals are encouraged on Sabbath.
- What good thing can you think to do each Sabbath?