

Transition:

Man was created to work. Work is a good thing. God is our Provider, but He typically provides through our labor. Just like every other area of life, God has shown us in His Word the right and the wrong way to work. The fourth of the Ten Commandments is to remember the Sabbath day and to keep it holy. The Pharisees (religious leaders) took such great care to obey the Law that God had given that they created even more laws to help them obey the 613 laws that God gave them. Generation after generation, following all these extra ordinances, they lost sight of what the Sabbath was really all about.

Tell the story:

Tell the story (with passion!) the best as you can, don't stop and teach, try not to make points, just tell the story. Perhaps leave some parts out or make a mistake, just to see if your group catches it!

Rebuild the story:

Chronologically rebuild the story by asking questions. Have the group look for what was added or left out by looking in their Bibles and going back over the story. Then have someone else tell the story the best they can – just like you modeled the first time.

Discussion Questions:

1. Why would the Pharisees believe that plucking a head of grain to eat is considered work? What other things did the Pharisees get upset with Jesus for doing on the Sabbath?
2. What did Jesus mean by “something greater than the temple is here?”
3. What do you think He means by “lord of the Sabbath?”

Fundamental:

Sabbath – In the Old Testament, God gave Israel the Ten Commandments – a set of moral standards to live by. Israel was to work for 6 days and rest on the seventh day, exactly what God modeled in creation. God also set up Sabbath festivals throughout the year where all Israel was to journey to Jerusalem to celebrate, fast and feast together. The purpose was to rely on God's provision. To trust Him to provide for His people's every need. For them to truly rest in Him – just like Jesus invites us today! To give us rest!

1. What are the dangers of working 7 days a week?
2. What is involved in a Sabbath besides not working?

Homework/Challenge:

1. Carefully craft a weekly schedule. Begin with abiding time and Sabbath (and a date with your spouse if you are married!) and then fill in the rest.
2. Please read Matthew 13 in preparation for next week.

Discipleship Tip:

You will have people that claim keeping the Sabbath is an Old Covenant command – that Jesus is our rest, so we don't need to do that anymore. But many of those people are workaholics. Their church/family/work balance is way off. Reason with them and show them that regular rest with the Lord is healthy.

Prayer:

Pray that your people will not feel guilty for resting well if they are accustomed to working all the time. And for those that tend to laziness, pray that they honor the Lord with their work ethic and not be sinful with the rest God has granted them.