

Remember the Sabbath?

Mark 2:23-3:6

1. Read Mark 2:23-28. What are some simple observations about this passage?
2. Read Exodus 20:8-11. Most would agree that the 10 commandments in Exodus 20 reflect God's moral character. Those laws form a moral foundation for our relationship with God and one another. Is sabbath still a required practice or simply a wise one? What do you believe or practice regarding sabbath?
3. Read Mark 3:27-28. Every law given by God is meant to give blessing and promote a fulfilling life. How is the command to remember the sabbath life giving?
4. Read Romans 14:1-6. What do you learn from Paul's instructions to his reader?
5. Read Hebrews 4:1-13. How is the meaning of sabbath communicated in this passage?
6. What will you do to reflect the spirit of "keeping" the sabbath?