

DISCIPLESHIP GROUPS

Our Mission: To win, build and send Department of Defense leaders to live for Jesus Christ

Ten Commandments for the 21st Century

Jan 2013

LESSON # 5— OBSERVE A SABBATH REST

INTRODUCTION

Who can you think of that had a difficult time honoring the Sabbath? (i.e. Eric Liddell, Truett Cathy) How did they resolve their conflict? What was the result?

OBSERVATION/INTERPRETATION

Note: The original Sabbath of the Hebrews was Saturday. It began at sunset Friday to sunset Saturday. In early church days, Sunday was considered the first day of the week (Acts 20: 7; 1 Cor 16:2) and Christians (most of whom were Jewish) celebrated Sabbath on that day because it was the day of Christ's resurrection.

The term "blue laws" originally applied to laws enacted by the Puritans in seventeenth-century Connecticut to regulate moral behavior (especially what people must or must not do on the Sabbath). Violators of blue laws could be assessed monetary fines, be whipped, be forced to spend time in the stocks, have body parts burned or cut off, or even receive the death penalty. In the late 20th Century the laws generally applied to the sale of "sinful habits" involving alcohol and cigarettes. Sometimes their sale was prohibited until the afternoon so people could go to church Sunday morning.

Read Exodus 20:8-11

Note: God is the model of this commandment as shown in the creation account of Genesis. He certainly didn't rest because he was tired!

1. What is the rationale for the Sabbath? Ex 16:21-30; Dt 5:14-15
2. Why aren't "blue laws" the norm in today's society?
3. What makes the Sabbath oppressive and a burden rather than a blessing?
4. If the goal is a change from the normal routine, what's wrong with golf or fishing on Sunday?

Read Isaiah 58:13-14

5. What does it mean to keep the Sabbath day holy?
6. What does God say to do on that day?
7. What are some of the practical benefits of honoring the Sabbath? Spiritual benefits?

Read Mark 2:23-28

Note: Jesus disciples were not stealing when they picked the grain. (Lev 19:9-10; Dt 23:25)

8. What did the disciples do that outraged the Pharisees?
9. According to Jesus, why was it OK for David and his disciples to break the Sabbath? 1Sam 21:1-6
10. How do Jesus' comments in 27-28 help us keep a balanced view of the Sabbath?

APPLICATION

- What changes do you need to make to honor the Sabbath?
- How can your observance of the Sabbath bless you? Your family? God?

In 1789, a man of importance was forced to travel on the Sabbath on urgent business. He started in Connecticut for New York City. They had not gotten very far when the local constable demanded to know where they were going on such a long journey – on the Sabbath. The man narrowly escaped a cold night in jail by promising to go to church before the day was over. The man was the newly elected president George Washington. *Blue Laws: The History, Economics and Politics of Sunday-Closing Laws* by David Laband and Deborah Heinbuch.