

# CELEBRATING SABBATH

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Accepting God's Gift of  
Rest and Delight



# Welcome and Introductions

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# Sabbath Word Association

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I say Sabbath,  
you say \_\_\_\_\_.



# A Brief Sabbath Experience

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# Why We Need

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## *Shabbat*

## *Shalom*



# What This Study Assumes About Sabbath

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# Explore Sabbath

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What does the Bible say about Sabbath?



# Sabbath and Celebration

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**Scripture:** Matthew 11:28–12:13

**Key Idea:** As Lord of the Sabbath, Jesus invites all of us who are weary to celebrate a Sabbath that is more about “yes” than about “no.”

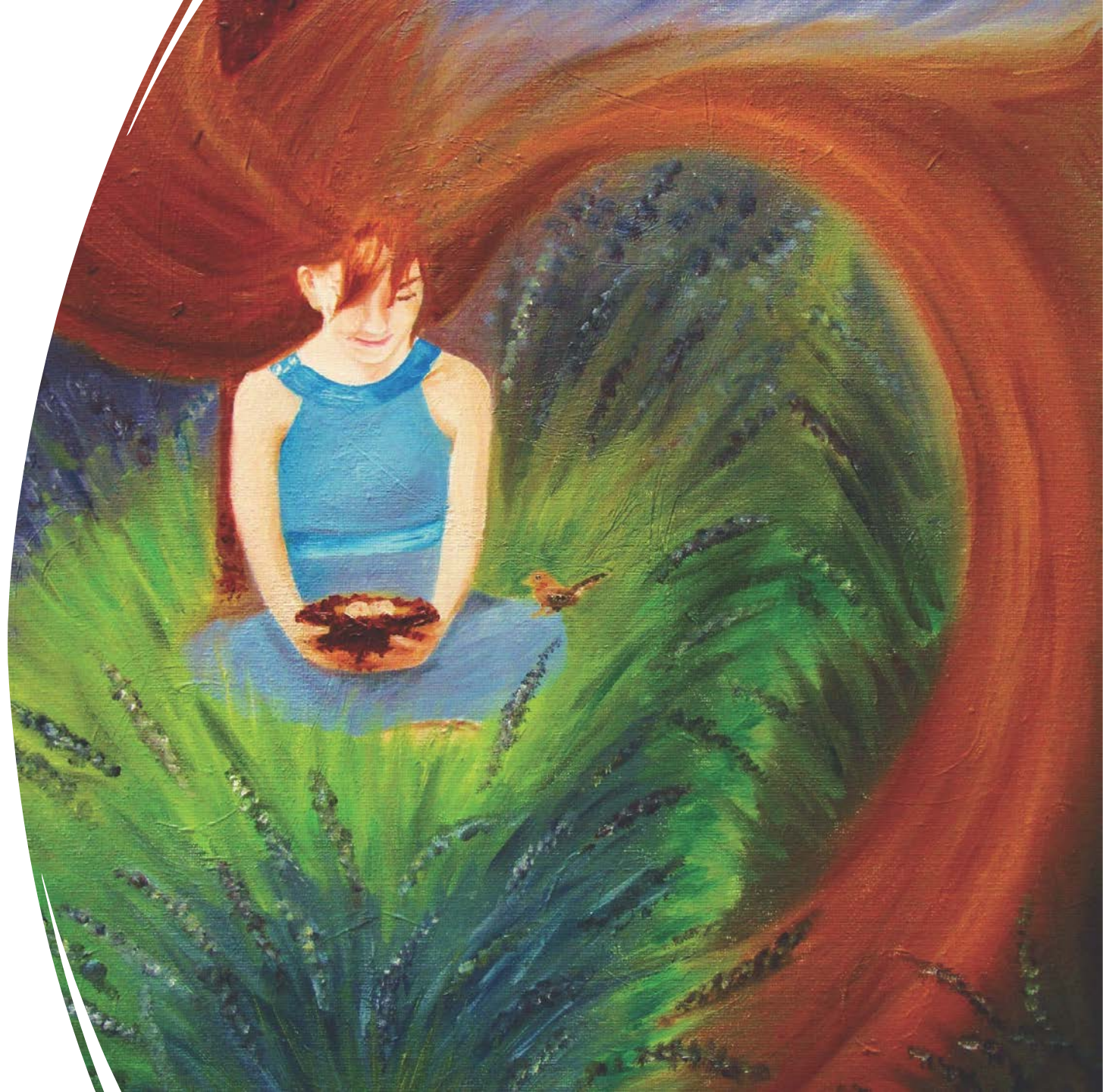


# Sabbath and Creation

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**Scripture:** Genesis 1:1–2:3

**Key Idea:** Sabbath celebration is something that God has built into the structure of creation. Receiving that gift is part of what deepens our friendship with God, others, and the rest of creation.



# Sabbath and Sunday

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**Scripture:** Luke 4:16–22 and Acts 16:11–15

**Key Idea:** Over the centuries, Christians began to celebrate the Sabbath on Sunday, but we still haven't come to an agreement on quite what that means. This uncertainty may be an opportunity.



# Sabbath and Surrender

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**Scripture:** Exodus 16

**Key Idea:** The “manna” story, with its emphasis on only gathering as much as we need and not gathering on the Sabbath . . . is a call to recognize when it is time to say, “Enough!”



# Sabbath and Servitude

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**Scripture:** Genesis 2:15, Genesis 3:17–19, Exodus 31:12–18, and 35:1–29, and 36:1–7

**Key Idea:** Work without Sabbath is servitude.



# Sabbath and Hospitality

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**Scripture:** Exodus 20:8–11  
and Deuteronomy 5:12–15

**Key Idea:** There is something in the very nature of Sabbath that demands it be shared. Accepting the gift of the Sabbath also involves a commitment to hospitality.



# Sabbath and Self-Care

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**Scripture:** Luke 13:10–21

**Key Idea:** Even though self-care is a crucial part of the Christian journey, it's important to remember that Sabbath is not primarily about caring for ourselves. Sabbath is first about honoring God.



# Sabbath and Justice

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**Scripture:** Isaiah 58

**Key Idea:** Sabbath and justice go hand in hand. Celebrating the Sabbath means living lives of justice all week long.



# Sabbath and Community

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**Scripture:** Acts 2:42–47

**Key Idea:** Community is key for sustaining us in our Sabbath journey.



# Where is the Story Line?

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# Resources and Support

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... for Christians seeking to rediscover the gift of Sabbath



# Worship and Prayer

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# Music

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# More Ideas

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*A Challah recipe!*



# Group Session Support

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# Resources in the Study Book

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# Additional Resources

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# Respond and Reflect

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# Closing Prayer

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Thank you, Gracious God, for calling us to study, to community, to Sabbath celebration. We are excited, but we are also weary.

We know that you are Lord of the Sabbath, and we know we need to accept your invitation. Show us how to say yes to the Sabbath.

Welcome us—as we welcome others—into that holy circle of rest and delight. In Jesus' name we pray, Amen.



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