

“Soul Care: Celebrating Sabbath”--Lent 2023

Wednesday Brown Bag Bible Study

6:30-8pm-Adult Lounge and Zoom

Bring your Bible, paper, pen, and brown bag supper-- tea/ water/coffee provided

Zoom link sent out via email/Constant Contact

Date	Theme	Scriptures to Read/Questions for Reflection
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*Each week--“Lectio Divina”--read the verses aloud, 3 times if possible. Ask yourself:
What word or phrase jumps out? What do you see/hear? What is God saying to you?

March 1	“What is Sabbath?”	Read *Genesis 2:1-4, Hebrews 4:9-11
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1. What does Sabbath mean to you?
2. What does it mean that God took the 7th day of Creation to stop creating, and enjoy creation? To bless it and make it holy?
3. Why should we obey this 4th commandment to honor the Sabbath (see Ex 20:8-11)?
4. How does Sabbath draw us into a friendship with God?

March 8	“Sabbath as Celebration and Delight”	Read *Matthew 11:28-12:12, Psalm 92
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1. What does it mean to find rest in Jesus? How do you do that?
2. Why would Jesus pluck grain, or heal on the Sabbath (Matt 12:1-12)?
3. Why would the Pharisees be so upset? What is Jesus’ point?
4. How do you see the Sabbath as celebration and delight?
5. What is the relationship between Sabbath and worship? (Ps 92)
6. How do you celebrate Sabbath?

March 15	“Sabbath vs. Servitude”	Read *Deuteronomy 5:12-15, Mark 2:23-27
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1. What does it mean that the commandment to honor Sabbath is connected with freedom from slavery for the Israelites?
2. Work without sabbath is servitude. In what way do we need to find freedom through Sabbath?
3. What does it mean that the sabbath was made for us, not us for the sabbath?
4. What does it mean that Jesus is Lord of the Sabbath? (Mark 2)
5. Read Exodus 31:12-17—why is God so serious about Sabbath-keeping?
6. What prevents you from accepting the gift of Sabbath?

March 22 “Sabbath and Surrender” Read *Exodus 16:1-5, 22-31, Luke 13:10-21

1. What does it mean that the Israelites could only collect manna for the day, and extra on the 6th day, for the Sabbath?
2. In what way does this collecting manna apply to us today?
3. How can you surrender to God on the Sabbath?
4. How can you unplug and detach from work and other responsibilities?
5. What is the connection between healing and Sabbath? Why do you think Jesus chose to heal on the Sabbath day?

March 29 “Sabbath and Community” Read *Acts 2:42-47, Isaiah 58:13-14

1. What strikes you about the community of Christians in Acts 2?
2. What parts would you most like to live out in our church today?
3. Why is Sabbath a communal event?
4. In what ways has our church community undermined the Sabbath-keeping of members and leaders?
5. In what ways can our community help us to observe Sabbath?
6. How can you engage in Sabbath with others?

Good Book Resources on Sabbath (available on Amazon/Kindle)

Embracing Rhythms of Work and Rest by Ruth Haley Barton

The Sabbath by Abraham Joshua Heschel

Sabbath by Wayne Muller

Living the Sabbath: Discovering the Rhythms of Rest and Delight by Norman Wirzba