

LIFE-Groups

Growth Assignment—Week #9

Take A Rest—Heb 4:1-11

If you have at all grown up in the church, then you may be familiar with the Old Testament idea of a Sabbath-Rest. This is the idea that you must rest on the Sabbath. It comes from the seven days of creation and the 10 Commandments. The Pharisees of the New Testament were often in conflict with Jesus concerning the laws of the Sabbath and the command to rest.

However, we now take our day of rest on Sunday. It is seen as the Christian day of rest because of the resurrection of Jesus on the first day of the week. But what was God's desire and design for the seventh day as a day of rest. We will look at the Old Testament laws that the Pharisees used to defend their Sabbath day of rest, then look at Jesus understanding of the Sabbath-Rest and finally look at the writer to Hebrews says is the meaning of—rest.

Creation Rest—Read the creation account and see what it says about God resting.

Genesis 2:1-3—Why did God rest on the 7th day?

Commandment Rest—What does the 4th commandment say about the Sabbath-Rest? What is the rest?

Exodus 20:8-11

Exodus 31:12-18

Deuteronomy 20:12-15

Leviticus 19:1-3; 30

Leviticus 26:1-2; 35-36

Jeremiah 17:19-27

Ezekiel 20:13-20

What is the importance of the Sabbath-Rest to the Jews of the Old Testament?

Jesus & The Sabbath —What does Jesus teach us about the Sabbath-Rest?

Matt 12:1-14

Mark 3:23-28

Luke 13:10-17

Luke 23:56

John 5:8-18

John 7:21-24

What can we learn from the way that Jesus viewed the Sabbath?

The Apostles & Sabbath—What does Acts teach us about the Apostles and the Sabbath?

Acts 13:27,42,44

Acts 18:4

The Hebrew Rest—What does the writer of Hebrews refer to when he speaks of God's rest/

Hebrews 3:11,18

Hebrews 4:1-11

What is the rest that Hebrews refers to?

Sabbath?

Salvation?

Heaven?