

family matters

gimmie a break

days 1&2

the fourth commandment

“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”
Exodus 20:8-11

READ *Numbers 15:32-36*

EXPLAIN how serious it was to violate this commandment? Does this seem too severe? What are your thoughts?

READ *Isaiah 58:13-14*

FIND the blessings that follow compliance. UNDERLINE the phrases in Isaiah. In other words, Isaiah states if you *do not* go your own way, you will find joy. He goes against the popular belief in our culture that doing your own thing will make you happy. However, anyone who’s lived this out has found it’s not true. LIST some ways that experiences or possessions have left you unhappy and disillusioned. THINK about how obedience to God’s “guidebook for life” can actually bring joy.

day 3
purpose

READ *Leviticus 23:1-3*

What are the two purposes that explain the reason for the commandment? CONSIDER some reasons why God may have set these boundaries for us. What does He get, and what do we receive from this day of rest?

days 4&5
our response

READ *Mark 2:23-24*

Why were the Pharisees critical of Jesus? IMAGINE your own reaction as well if you had been in their shoes.

READ *Mark 2:25-26*

DESCRIBE how Jesus responded to them? Little did the Pharisees know that Jesus was redefining their rules. No other human has been able to live up to the law... not then, not now. Jesus is the only person who will ever be able to meet that standard, and he gifts us with grace to cover us when we fail. We need only to believe in Him to be covered. EXPLAIN what grace means to you.

READ *Mark 2:27-28*

JOURNAL how Jesus summarized the Sabbath principle? God means for us to adhere to the *spirit* of the rule, rather than the rule itself. So it doesn’t mean you have to rest on Sunday in particular, just that you have one day that you take a break from what a normal work week is for you. It doesn’t mean that you can’t work, but that you take a break from what feels like work. Maybe chopping wood or pulling weeds is therapeutic “work” for you.

Sometimes we don’t figure out we have limits until we’ve gone beyond them and life begins to break down. God doesn’t mean for us to live beyond our physical, spiritual, emotional, and financial needs. More importantly, our boundaries are expanded when we live *with* Him rather than *without* Him. Where are your limits right now? Do you need to let some things go? Do you have “space” in your life to take more on? Do you need to ask God to be a part of your life and to lead you in the right direction?

so what’s the bottom line for me?

- PAUSE your life to figure out what’s missing.
- PAY ATTENTION to your surroundings.
- ASSESS what’s most important in your life.
- BE AWARE of whether your work is a task or a joy.
- NOTICE what brings you joy.
- PAY ATTENTION to God’s voice.
- PLAY.
- REMEMBER God.
- BE THANKFUL.
- PRAY.

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