

Study QUESTIONS

Ep. 1447: Does Honoring the Sabbath Apply to Christians Today?

<https://christianquestions.com/doctrine/1447-sabbath-rest/>

See:  **CQ Rewind**
SHOW NOTES

1. What similarities exist between God ceasing His creation on the seventh creative day and Israel being commanded to observe a sabbath in Exodus 20:8-11? (Genesis 2:2-3)
2. What is the deeper meaning of God's rest? Why did God sanctify the seventh day? (Genesis 2:2-3, Exodus 20:11)
3. How could the Sabbath serve as a safeguard against violating the first three commandments? (Exodus 20:3-8)
4. There were many Sabbath observances in Israel's Law. Some were for the people, some for the animals, and some for the land itself. Why was the Aaronic priesthood unique in all of Israel in regard to the Sabbath? (Leviticus 23:23-25, 1 Peter 2:9)
5. Contrast the nature of Christian work with the ceasing of physical labor on the Sabbath that Israel practiced. What is the relationship between spiritual work and Sabbath rest? (Ephesians 2:10, John 5:15-17, Matthew 12:11-12)
6. Why are Jesus' rest and the taking up his yoke not a contradiction, but rather essential parts of each other? (Matthew 11:28-30)
7. What practical changes can I make this week to "rest in the Lord"? (Hebrews 4:10-11, John 4:32,34)
8. Compare the two forms of "rest" in Matthew 11:29 and Hebrews 4:3. How does entering into God's rest different from the rest Jesus gives us when we become his followers? (Philippians 4:13, Hebrews 4:8-9)
9. What does it mean to "rest now while we do God's work"? Why do Christians observe our Sabbath day on Sunday rather than Saturday? (chart at end, Acts 20:7, 1 Corinthians 16:2)
10. How can I more intentionally enter into the rest Jesus describes in Matthew 11:28-30 when life becomes busy, stressful or overwhelming?