**Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday, while diving deeper into God's word.**

**CONNECT:**

* How do you like to recharge? Are you “solar” powered or “battery” powered?
* Describe the most restful/relaxing experience you have ever had.

**DIGGING DEEPER:**

*God himself set the example for Sabbath. Read Genesis 2:1-4.*

* Summarize what you read. What truths do you find about God from this passage?
* What is the point of Sabbath in this scripture? Who is it for? Why would God need to rest?

*God gives the commandment of Sabbath to the Israelites in Exodus 20:8-11. In Exodus 31:12-18, God explains the importance of Sabbath. Read the following passages and answer these questions:*

* What is the point of Sabbath?
* Why is the language around those who don't keep the Sabbath so severe?
* Are we commanded to keep the Sabbath today?

*Jesus and the Sabbath: Read Mark 2:23-28 and Mark 3:1-6.*

* What do these passages teach us about the Sabbath? Does Jesus dismiss the need for a Sabbath?

**DIGGING DEEPER:**

* Do you personally take a Sabbath? If so how do you do it? What has worked for you in the past?
* In light of this study, do you need to make any changes to the way you observe the Sabbath? Are there any steps that Jesus is asking you to take?
* Do any of the passages from this week’s bible reading plan connect to the study you just completed?

180-Day Guided Tour of the Bible

**Reading Plan for Week of January 14th**

**Day 66 – Micah 6: Pollution Spreads**

**Day 67 – 2 Chronicles 30: Hezekiah’s Festival**

**Day 68 – Isaiah 6: Power Behind the Throne**

**Day 69 – Isaiah 25: Eloquent Hope**

**Day 70 – 2 Chronicles 32:Battlefield Lessons**

*Want to keep up with all that is going on at Wave? Simply fill out your communication card and write newsletter, to get a weekly*

*email update from Wave!*

LIVING ON THE EDGE

TIME & SABBATH

Wave Church SD | JAN.14, 2018

**I AM CALLED TO LIVE A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LIFE,**

**NOT JUST A \_\_\_\_\_\_\_\_\_ LIFE.**

**Exodus 9:16 (ESV)** *But for this purpose I have raised you up, to show you my power, so that my name may be proclaimed in all the earth.*

**Genesis 2:1-3 (ESV)** *1Thus the heavens and the earth were finished, and all the host of them. 2And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*

**Exodus 31:17 (ESV)** …*in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.*

**Exodus 20:8-11 (ESV)** *8“Remember the Sabbath day, to keep it holy. 9Six days you shall labor, and do all your work, 10but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

**WHAT IS A SABBATH?**

* SABBATH – TO STOP, TO CEASE, AN INTENTIONAL DAY OF REST

**WHY DO WE NEED A SABBATH?**

* **REST INCREASES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **WE NEED A REMINDER THAT GOD IS IN \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**WHY DO WE NOT PRACTICE SABBATH?**

* **WE LACK \_\_\_\_\_\_\_\_\_\_\_\_.**

**Matthew 6:31-34 (ESV)** *31Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

* **WE DON'T KNOW \_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ IS NOT RESTING.**

**HOW TO PRACTICE BIBLICAL SABBATH:**

* **PICK AN \_\_\_\_\_\_\_\_\_ A DAY, A \_\_\_\_\_\_\_\_\_ A WEEK, A FEW \_\_\_\_\_\_\_\_\_\_   
  IN A YEAR**
* **FOCUS ON TIME WITH \_\_\_\_\_\_\_\_\_**

**Isaiah 40:28-31 (ESV)** *28Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. 29He gives power to the faint, and to him who has no might he increases strength. 30Even youths shall faint and be weary, and young men shall fall exhausted; 31but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

**Matthew 11:28-29 (ESV)** *28Come to me, all who labor and are heavy laden, and I will give you rest. 29Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.*

* **KNOW YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* **SAY NO TO REST \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Ephesians 5:15-17(ESV)** *15Look carefully then how you walk, not as unwise but as wise, 16making the best use of the time, because the days are evil. 17Therefore do not be foolish, but understand what the will of the Lord is.*