

**SEEKING SABBATH**  
Lesson 2: What IS Sabbath?

**Review**

**Sabbath Approaches**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

“The Sabbath...concerns the maintenance of a distinct faith identity in the midst of a culture that is inhospitable to all distinct identities in its impatient reduction of all human life to the requirements of the market.”  
Walter Brueggemann, *Sabbath as Resistance*

*Question: What did God expect this practice to do within his people?*

**Aims:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Sabbath is....**

1. \_\_\_\_\_

Exodus 20:10; Deuteronomy 5:14  
Ezekiel 20:10

2. \_\_\_\_\_

Genesis 2:3  
What does this mean?

3. \_\_\_\_\_

Exodus 20:8, 11  
Ezekiel 20:13

4. \_\_\_\_\_

Ezekiel 20:12  
Mark 2:27

5. \_\_\_\_\_

Exodus 20:8-11; Deuteronomy 5:12-15

6. \_\_\_\_\_

Exodus 31:12-17

What other signs has God established between himself and his people?

How does Sabbath compare to these signs?

7. \_\_\_\_\_  
Exodus 16; 20

8. \_\_\_\_\_ & \_\_\_\_\_  
Numbers 15:32-36

9. \_\_\_\_\_  
Leviticus 25:1-7  
Hebrews 3-4

### **Thinking about the Sabbath**

Choose one or two of the descriptors offered here and discuss at your tables...

How does this descriptor challenge common or simplistic views of the Sabbath?

How might these descriptors at least *begin* to inform how we think about the relevance of Sabbath for the present day people of God?

To what extent can you map some of these same descriptors on to New Testament Christian practices like baptism or communion?