

Matthew 12:1-8

Shabbat Shalom!

The Sabbath is a gift from God meant to give us time to rest and connect.

to

1. The Sabbath is a holy day, or a day set apart.
Gen 2:1-3; Ex. 20:8-11

Why is our Sabbath on Sunday?

Why are there special rules for the Sabbath?

2. The purpose of the Sabbath is Shalom not rules.
1 Sam. 21:1-9, Mk. 2:27

3. So how do I keep the Sabbath today?
Don't work

Spending time in worship together

Spend time connecting with God

Get right before God

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Reflection Questions

1. Is there anything that I do on the Sabbath which I know is work? Is there any way I can cut back on that activity or even stop?
2. Do I take the gift of Sunday worship seriously? During Sunday worship, is my worship about what I get out of it or is it about worshipping God?
3. How do I best connect with God?
 - a. Naturalists: Outdoors
 - b. Sensates: with the Senses
 - c. Traditionalists: through Ritual and Symbol
 - d. Ascetics: in Solitude and Simplicity
 - e. Activists: through Confrontation of sin and injustice
 - f. Caregivers: by Loving Others
 - g. Enthusiasts: with Mystery and Celebration
 - h. Contemplatives: through Adoration
 - i. Intellectuals: with the Mind and Study
4. Is there any sin I need to confess so I can start this week fresh and unburdened?
5. Are there any areas of my life, even good areas, that I have made more about 'rule following' than about my heart?

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