

Busy Body
Part 4 –“Declaration of Independence”
January 30, 2022

Matthew 12:1

At that time Jesus went through the grainfields on the Sabbath.

Matthew 12:8

“For the Son of Man is Lord of the Sabbath.”

Genesis 2:1

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:8-11

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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. 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.

- Sabbath rest gives life.

Deuteronomy 5:12-15

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

- Sabbath rest is a declaration of freedom.

Hebrews 4:9-10

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his work, just as God did from his.

Group Questions

1. What kind of person do you become when you are lacking rest? Do you think you become more productive or less productive?
2. How easy or difficult is it for you to rest? What are the contributing factors?
3. Why do you think that the Sabbath Day was the only spiritual habit to make it into the Ten Commandments?
4. Read Mark 2:23-27. Jesus didn't say that he came to abolish the Sabbath. He said he is Lord of the Sabbath. What's the significance of this statement? See how many observations your Group can make.
5. The four words of Sabbath are, Cease, Rest, Delight, and Worship. What do you need to do to upgrade your day off into a weekly Sabbath?
6. What impacted you most from this series? What will you change in your life as a result?