



Never Give Up
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Observe the Sabbath and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work... Exodus 20:8-10a (GNT)

God instructs us to dedicate a day to Him:

1. What is a Sabbath?

A day of rest.

Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. Mark 2:27 (NASB)

2. What is its source?

Genesis and Exodus.

3. What is the rhythm?

Colossians 2:16-17

In the same way, some think one day is more holy than another day, while others think every day is alike... Those who worship the Lord on a special day do it to honor him. Romans 14:5a & 6a

4. What can I do?

How do I keep it holy?

1. Use it to refresh my body

Jesus said, Come to me, all who are tired from carrying heavy loads, and I will give you rest. Matthew 11:28 (GN)

2. Use this day to restore my emotions

- Time of quiet
- Time for family
- Time for friendship

3. Use this day to refocus my spirit

If you watch your step on the Sabbath and don't use my holy day for personal advantage, if you treat the Sabbath as a day of joy, God's holy day as a celebration, if you honor it by refusing 'business as usual,' making money, running here and there — then you'll be free to enjoy God! Isaiah 58:13-14a (MSG)

What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? Mark 8:36 (NIV)

Discussion Questions:

1. What tends to be your biggest obstacle to taking a weekly Sabbath?
2. What's the best way for you to refresh your heart?
3. What kinds of mental, emotional, spiritual, and physical signs do you notice when you aren't getting enough rest?