

A SPECIAL WEEKLY HOLIDAY

Sharing

1. How much free time do you have each week to do anything your heart desires? _____
2. Is there a relationship you would cultivate and enjoy if you just had time? If so, with whom? _____
3. How would you like to have a 24-hour holiday each week devoted to relationships?
 - With whom would you choose to spend this holiday? Explain: _____
4. Do you think couples should have a scheduled date night each week? ___ Yes ___ No
 - Explain why or why not: _____
5. We live in the busiest generation in the history of the world even though we also have the most scientifically advanced labor-saving devices.
 - Why is this? _____
6. Would you be surprised to discover that God commands you to take a 24-hour holiday each week? _____

Studying

7. It seems that most of us spend our days 'running against the clock' trying to get chores completed and meet scheduled appointments. Then, at night, we fall into bed, only to get up the next morning and do it all over again. For many, 'relationships' have to wait for some future time when we're not so busy.
 - To what extent does this describe your life? _____
8. It surprises many people to discover that God didn't create mankind to live a frantic, hectic life. In fact, God created human beings to have five distinct aspects to their nature:
 - Physical (Healthy and strong bodies without disease)
 - Mental (Power of thought, reasoning, judgment, and will)
 - Spiritual (Ability to worship, praise, commune with God)
 - Emotional (Love, enjoy, laugh, pleasure, appreciate, desire, intimacy)
 - Social (relationships with family, friends, acquaintances; impact the lives of others)
9. Since God was our creator, He knew exactly what we would need—physically, mentally, spiritually, emotionally and socially—to be happy. God knew that a special holiday every seven days would stabilize and enhance each aspect of man's nature. God called this specially created holiday the 'Sabbath.'
 - Read Genesis 2:2,3 "And on the _____ day God ended His work which He had done, and He rested on the _____ day from all the work which He had done." God didn't rest because He was tired. He rested as an example to His created beings of His expectations of them.
10. It is interesting to note that God created not only the Sabbath but also marriage between a man and a woman during creation week.
 - Read Genesis 1:27 "So God created mankind in His own image... _____ and _____ He created them."

BIBLE BREAKTHROUGH

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11. How does marriage between a man and a woman contribute to the five unique aspects of God's created beings?
 - Physically _____
 - Mentally _____
 - Spiritually _____
 - Emotionally _____
 - Socially _____

12. How does resting every seventh day contribute to the five unique aspects of God's created beings?
 - Physically _____
 - Mentally _____
 - Spiritually _____
 - Emotionally _____
 - Socially _____

13. Does the Bible identify what God means by a 'day?'
 - Read Leviticus 23:32 ". . . from _____ unto _____ shall ye celebrate your Sabbaths." So God identifies a 'day' as evening to evening, or as sundown to sundown.

14. Which day is the specially created holiday that God called His Sabbath?
 - Read Genesis 2:3 "Then God blessed the _____ day and _____ it, because in it He rested from all His work which God had created and made."
 - God did three things to set the seventh day apart from the other six days. Read Genesis 2:2,3 and name the three things He did: He 1) _____ it, 2) _____ it and 3) _____ it.

15. Many people believe that the Sabbath was given by God to the Jews. However, the Sabbath was instituted by God in the Garden of Eden at the end of creation week and it was 2,500 to 3,000 years before there was a Jew.

16. The nation was called Israel following Jacob's name-change after a night of wrestling with an angel (about twenty-two hundred years after creation). (Genesis 32:23,-34)

17. Later the Israelites went into Egyptian captivity for 430 years (Exodus 12:40). Moses led them out of Egypt to the Promised Land.

18. The twelve tribes occupied the land until King David, then King Solomon died around 900 BC. Then ten tribes became northern Israel and two tribes became the kingdom of Judah. (1 Kings 11-16). At that point, 900 years before Christ's birth, folks began referring to those from the kingdom of Judah as Jews.

19. The Ten Commandment law was written on tables of stone for the Israelites after they came out of slavery in Egypt because, as slaves, they had lost sight of the importance of the Sabbath rest.
 - As slaves in Egypt, the Israelites could not voluntarily keep the Sabbath holy. One reason God rescued them was for the sake of preserving His laws among the people of the earth as their ancestors, Abraham, Isaac and Jacob had vowed to do.
 - The Sabbath was God's special weekly holiday—designed to benefit mankind, the animals and all creation. God wanted to restore the Sabbath rest to His people and to the world.

20. Even before God wrote the law on Mt. Sinai for Moses to give to the Israelites, He began teaching the Israelites to observe His Sabbath. He did this through their food supply. The people called it '*manna*' which translated means, 'What is it?'
- Read Exodus 16:4 "I will rain bread from heaven for you; and the people shall go out and gather a certain _____ every day that I may _____ them, whether they will walk in My law or not."
 - Read Exodus 16:26 "Six days you shall gather it, but on the _____ day, the Sabbath, there will be none."
 - Read Exodus 16:29,30 "For the Lord has given you the _____, therefore He gives you on the sixth day bread for two days. . . So the people rested on the _____ day."
18. So that mankind could never again forget His Sabbath, God included it in the moral law that He wrote with His own finger on tablets of stone.
- Read Exodus 20:8-11 "Remember the _____ day to keep it holy. Six days you shalt labor and do all your work, but the seventh day is the _____ of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea and all that is in them and rested the seventh day. Therefore the Lord blessed the _____ day and hallowed it." We cease from all work on the Sabbath as commanded.
 - Read Deuteronomy 9:10 "Then the Lord delivered to me two tablets of stone written with the finger of _____." Who among us is brave enough to dismiss the Law of God, written with His own finger, as being of no significance? (Further reading: Deuteronomy 10:1).
19. In addition to the Ten Commandments law, Moses was given several hundred ceremonial laws. The ceremonial laws had to do with the sacrifices of the sanctuary service, the health of the people, how to deal with slaves, criminals, death, burial, marriage and so forth. The ceremonial laws also instructed the Israelites on the observance of all the feast sabbaths. The feast sabbaths were NOT the holy Sabbath. They were mandated for very different reasons. The Feast of the Passover is one example.
20. There was a distinct difference made between the Ten Commandments and the ceremonial laws.
- The Ten Commandments, written on stone, were kept **inside** the ark of the covenant, under the 'Mercy Seat,' where dwelt the shekinah glory of God.
 - The ceremonial laws, called the 'laws of Moses' were kept in a container on the **outside** of the ark of the covenant. (Deuteronomy 31:24-26)
21. The ceremonial laws of sacrifice pointed toward Jesus' coming as the Messiah to serve as the sacrifice in the place of sinful man. These ceremonial laws that were "a shadow of things to come,' (Colossians 2:17) were 'nailed to the cross' when Jesus died.
- Read Colossians 2:14 "Having wiped out the handwriting of _____ that were against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross."
 - When Christ cried, "It is finished!" at his death on the cross, the four-inch thick veil in the temple ripped from top to bottom! The sacrificial system was finished. Jesus became our sacrifice forever!
 - Read Ephesians 2:14 "For He Himself is our peace who has made both one, and has broken down the middle wall of separation, having abolished in His flesh the enmity, that is the law of commandments contained in _____, so as to create in Himself one new man."
 - Jesus abolished, by His death, the ceremonial laws. But, the moral law of the Ten Commandments, given by God, remains unchanged.

22. Many believe we should observe the first day of the week as the Sabbath because Jesus was raised from the dead on that day. But the Bible indicates that, even in death Jesus rested on the Sabbath day.
- Read Luke 21:56 “They returned and prepared spices and ointments; and rested the sabbath day according to the _____.” Since Jesus was the creator of the Sabbath, it only makes sense that He, Himself, would abide by His law, even in death.
 - In over 120 languages the word for the seventh day of the week is ‘Sabbath.’ For example, the word in Spanish for the seventh day of the week is Sabado. For thousands of years the seventh day has been so named from ancient days when nearly everyone kept the seventh day Sabbath.
23. Isn't keeping the seventh day Sabbath legalistic?
- Obedience is never legalistic. Jesus said in Mark 2:27, 28 “The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also _____ of the Sabbath.” The Sabbath is about a relationship with the Creator of the Sabbath! It was designed to be the happiest day of the week.
24. The Sabbath has never been changed from the seventh day. The disciples continued to keep the seventh day Sabbath after Jesus' death and resurrection. See Acts 13:14, 42; Acts 16:13; Acts 17:1,2.
25. Jesus expected that the Sabbath would be kept in the future after his ascension into heaven. He said in Matthew 24:20 “but pray ye that your flight be now in the winter, neither on the Sabbath day.”
- You may read the Bible from cover to cover and you will find not one text that speaks of a change in the Sabbath from the seventh day of the week. In fact, Jesus said, “If you love Me, keep my commandments.” John 14:15
 - When you love someone it is not a struggle to be with them. In fact, observe a couple in love and you will see their excitement at being together. This is the relationship God wants with His people—a love relationship where we look forward to being in His presence and worshiping Him on His special weekly holiday that He created for us because He loves us so much.

Applying this lesson

26. After studying this lesson I have learned that God created the seventh day Sabbath at the end of creation week to bless my life physically, mentally, spiritually, emotionally and socially.
- I understand that God knows what is best for my life and what will bring me the greatest happiness.
 - ____A check mark at left indicates that I am verifying my belief in God as my creator by following His plan of work and rest.
27. The principle of working six days and resting on the seventh day is so important that God made it part of His moral Ten Commandment law. The Ten Commandments are binding on all people today just as they were when they were given orally, by God, to Adam and Eve. The Ten Commandments were kept by Jesus and His disciples and they continue to be binding on all men today. The ceremonial laws were abolished by Jesus' death on the cross. We are not required to keep them.
- Through this lesson I have gained an understanding of the difference between the moral law and the ceremonial laws.
 - ____A check mark at left indicates that I will keep, or continue to keep, the seventh day Sabbath as God commands in the fourth commandment of His moral law called the Ten Commandments.