



Sabbath Rest

Matthew 11:28-30 • June 29, 2025

Q: What is Sabbath?

A: Sabbath means to “S_____.”

Verses: Gen 2:1-3; Ex 16:26, 29; 20:8-11.

Q: What is Sabbath rooted in?

A: (1) It is rooted in G_____ (Gen 2:1-3; Ex 31:17)

(2) It is rooted in C_____ (Ex 20:11)

(3) It is rooted in L_____ (Deut 5:12-15)

(4) It is rooted in A_____ (Matt 11:28-30; Heb 4:9-11)

Q: Were Jesus & Paul Negative about Sabbath?

A:

Verses: Col 2:16; Matt 12:1-12; Lk 4:16, 31; Acts 16:13; 17:2; Mark 2:27-28.

Q: Is Sabbath just a religious word for “sleep?”

A: No, Sabbath rest is “to the Lord” and is an act of R_____.

Q: How do I Sabbath?

A:

Reflection Questions:

-What if you didn't live under the burden of overactivity?

-What are the hardest things for you to say “no” to when practicing Sabbath?

Answers: Stop; God; Creation; Liberation; Anticipation; Resistance