



Group Discussion and Application

1. How has the Church's observance of Sunday changed over the years? What has led to these changes?
2. How can we enhance our use of the Lord's Day as a day of worship?
3. Why is a weekly day of rest from our common labor so important? What is rest? In what sense should we use Sunday as a day of rest?
4. Suggest some ways our observance of the Lord's Day serves as a witness to others.
5. What is your own view of the of the OT Sabbath law and its application to the NT believer?
6. How should we respond to Christians who hold a different view and different application of the Lord's Day than we do?
7. Jesus used the Sabbath to heal (e.g., Matt 12:10-13). Suggest some specific, practical ways we might use the Lord's Day to do works of mercy.
8. What questions do you have about the Sabbath/Lord's Day issue and how Sunday is to be used by Christians today?



Personal Reflection and Response

1. How do you currently spend your time on Sundays?
2. What might you do to make better use of Sunday as a day of rest, worship and ministry?



Family Homework

1. Have each person in your family share what he/she likes about Sundays.
2. How does your family use time on Sundays?
3. How might your family make Sunday a day of rest, worship and ministry?



24/7 or 1 in 7? Exodus 31:12-18; 35:1-3

The nature of OT Israel's observance of the Sabbath:

1

Keeping the Sabbath was _____.

2

Keeping the Sabbath was _____.

3

Keeping the Sabbath was _____.

4

Keeping the Sabbath was _____.

5

Keeping the Sabbath was _____.