

March 4, 2025
Lesson 12
Exodus 20:22-23:19 (ESV)
Alisa Hamel

A Tale of Three Sabbaths

The Sabbath: A Timeline

1. Creation - Genesis 2:2

2. Fall

- The Law - Exodus 31:12-13
- The Prophets - Isaiah 1:13-14, 58:13, 66:23

3. Redemption - Matthew 11:28-29

4. Restoration - Hebrews 4:9-11

Three Sabbaths

1. New York City - Too Busy

2. Anywhere, USA - Too Judgmental

3. Jerusalem - Missing the Point

Questions for Personal Reflection:

1. Set aside time to read and pray through *Psalms 51, Isaiah 58, or Luke 15:11-32*. Spend time confessing your sins to the Lord.
2. Consider participating in a Lenten fast. It doesn't have to be food. It can be "special foods" like dessert or Starbucks. It can be forms of entertainment. It can be fasting from games or social media on your phone. Replace the time spent on those things with time in the Word and in prayer.
3. Consider creating Sabbath habits or rhythms. Be thoughtful in how certain activities or the refraining from certain activities help you to Love God and Love Others and set the day apart from the rest of the week.

Questions for Group Discussion:

1. What's your favorite part about corporate worship?
2. What are activities that are life-giving for you and refresh you?
3. If you were encouraged to create a Sabbath habit or rhythm, what would that look like? Brainstorm some ideas together (without being judgmental).

Resources:

The Sabbath as Rest and Hope for the People of God by Guy Prentiss Waters
Justin Hoffman, "Sabbath: An Enduring Principle for the Soul", The Gospel Coalition, October 27, 2020, thegospelcoalition.org
Crazy Busy by Kevin DeYoung
The Deeply Formed Life by Rich Viilodas
Advent for Exiles by Caroline Cobb
Exodus for You by Tim Chester