

# Sabbath

**NOTE:** Stephanie offered such great questions in her sermon that I thought I'd include those as a standalone piece for you to use instead of the LBT. If your group would like to walk through those questions and discuss them, they are on page 2.

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Look

“Keeping the Sabbath” has different connotations for different people. The understanding of what it means to “keep the sabbath” varies in religious tradition and practice, as well as in our own individual spiritual practices.

1. What does it mean to you to “keep the Sabbath”? Has that definition always been the same, or has it changed for you over time?
2. How intentional are you about keeping the Sabbath (in the way that you now define it)? If so, what benefits do you experience in doing so?

## Book Luke 13:10-17

In this passage, Jesus is in a synagogue on the Sabbath and is teaching, when he cures a woman who has been crippled for 18 years. He is rebuked by a synagogue leader for breaking the rules of the Sabbath by “working” on the Sabbath.

1. How does Jesus respond to his rebuke? What is Jesus' point about the Sabbath?
2. How did Jesus' action of healing the woman actually conform to the important purposes for the Sabbath:
  - Being refreshed by God's active creation and resting in it
  - Sanctifying the community – renewing and re-forming the community
  - Sanctifying God – glorifying and praising God

## Took

Life is busy and it can be hard to rest for an entire day, but that doesn't mean that we can't be intentional about finding time to renew ourselves and our community with Sabbath activities.

1. What gets in the way of your ability to keep the sabbath? Can you think of some strategies for overcoming those obstacles?
2. What benefits do you see for the St. Timothy's community in your being intentional about keeping the sabbath?

# Sabbath

In her sermon, Stephanie explained that in Judaism the Sabbath serves 3 purposes:

1. To recall creation – both to be refreshed by creation and to rest in it
2. To sanctify the Torah and the community – for the community to be renewed and re-formed
3. To sanctify God – to praise and glorify God

In her sermon today, Stephanie asked the following questions:

What is our Sunday worship at St. Timothy's about?

What is the testimony in it?

What is the hope in it?

What is the focus of that worship time?

In our worship at St. Timothy's:

- how do you delight in creation? How are you refreshed by creation?
- how do you see community being formed and re-formed? How do you see the community being renewed?
- how do you see God being glorified?