

DEPENDENCE DAY

Genesis 2:1-3

1

ON THE SABBATH, WE LOOK TO GOD FOR STRUCTURE

"God is the One who structures my schedule."

2

ON THE SABBATH, WE LOOK TO GOD FOR STRENGTH

"God is the One who supplies my strength."

3

ON THE SABBATH, WE LOOK TO GOD FOR SUSTENANCE

"God is the One who provides my sustenance."

4

ON THE SABBATH, WE LOOK TO GOD FOR SATISFACTION

"God is the One who satisfies my soul."

QUESTIONS FOR FAMILY WORSHIP

1. How does our creation in the image of God relate to keeping the Sabbath?
2. Did God rest because He was worn out after creating the world? What does it mean for God to rest?
3. How did Jesus enter into rest after He finished His work of salvation? How does this relate to the Sabbath day changing to the first day of the week?
4. How is keeping the Sabbath an act of faith?
5. Why should the Sabbath be our favorite day of the week?

QUESTIONS FOR PRIVATE REFLECTION

1. Do I plan my week with the recognition that God is the Definer and Lord of my schedule (i.e., my time is not my own)?
2. Am I living in denial of my weakness and finitude? What does my lifestyle (hours spent working, hours spent sleeping, Sabbath observance) reveal about my soul?
3. Does keeping the Sabbath seem to me to be an inefficient use of time?
4. Do I delight in the Lord's Day because of the privilege of getting to seek God in a concentrated manner?