

## Why Sabbath?

Genesis 2:2-3

Exodus 20:-8-11

Deuteronomy 4:2

Psalm 89:34

Luke 4:16

1. God created rest and the Sabbath.
2. God does not change his law.
3. Jesus kept the Sabbath.
4. The disciples kept the Sabbath.

## Why Sunday?

1. Claim it was changed at resurrection.
2. Claim Romans 14:5-6 says all days are the same.
3. Claim tradition changed it.
4. Claim the authority of the church changed it. Correct!

## How do we observe Sabbath?

Ultimately, it's about your relationship with God.

Mark 2:23-28

**Reflection:** Is the Sabbath something you enjoy or does it control you and sap all the joy out of it?

**Challenge:** Find some fun things to do on Sabbath. Make it a special day for you and your family.