



Spiritual Disciplines
for the Man in the Mirror

A Man and the Sabbath

Exodus 20:8-11, Mark 2:28

Questions
August 9, 2002

1. Describe a memorable Sunday (Sabbath). What made it so special?
2. Why did God set apart a day of rest according to Exodus 23:12 and Deuteronomy 5:12-15?
3. Is the Sabbath for today? Look up Matthew 5:17-19: What kind of law is Jesus talking about (ceremonial, judicial, moral)? Look up Mark 2:28: What is the relationship between Jesus and the Sabbath? Is there any biblical warrant to reduce the Ten Commandments to Nine? What are the implications for you?
4. What happens when men don't "set apart" Sunday (the Sabbath) and keep it holy? What happens when men think of Sunday as *my day*, *work day*, *play day*, *game day*, or even *family day*?
5. The Sabbath is a beautiful gift from God to His children. Why not make a specific plan to receive this Sunday as a beautiful gift for you and your family?