



# Sunday Teaching Guide

Sabbath, Week 3

October 29, 2023

## Bible Texts

- Genesis 2:1-3
- Exodus 16:26
- Leviticus 23:3
- Luke 4:14-16
- Psalm 92:1-15
- Psalm 100:1-2;4
- Psalm 150:1-6
- Psalm 33:1-3

## Important Terms

- Shabbat: The Hebrew word for "rest" that is transliterated into the English word "Sabbath."
- Psalm: A song of praise.

## Sermon Notes

- On the Sabbath, the people were called to reflect on God's glory, provision, and goodness. They did this not just on their own but together. Sabbath calls us to sing songs, play instruments, and express our words of praise.
- While our worship is in response to God's provision as we continue to learn to trust in him, we also know a tension: Things aren't always easy. Part of our worship is recognition that we need God and the hope of his love, righteousness, and justice. We don't have to look far to see injustice, pain, and the people that cause it. The author of Psalm 92 calls these people fools and senseless. They don't know it, but injustice and pain are temporary, and the God of eternity is working to set things right.
- On the Sabbath, God created peace, serenity, and tranquility. We're invited to be part of bringing that into this world. The Sabbath, for us, is a reminder in a world full of uncertainty, injustice, and pain that those things don't get the final word. The eternal God of goodness and love gets the final word.
- In our practice of sabbath, we remember God's goodness, faithfulness, and love, and we join in with him in sharing that with the world, declaring his goodness and love. And the world needs that, but we can't do that on our own. We need this gathering, this time, this reminder to praise God, to reflect on his goodness, and to be reminded of the family of God who shares our hope.

## Reflection Questions

- How comfortable do you feel with music at church?
- How does music at church differ from the music that you listen to outside of church?
- What do you think is the purpose of music at church?
- What do you think is the purpose of singing songs that have been sung for hundreds or thousands of years?
- Why do you think music is a means that people use to express joy, praise, or thankfulness?
- How do you think communal worship differs from worshiping on one's own?
- Thinking about your practice of Sabbath so far, has anything changed in your life?

## Prayer for the Week

- Holy God, we thank you for your goodness, faithfulness, and love. While we do not always name the ways in which you have provided for us, help us to develop a posture of praise and worship for what you have given us. Amen.

## Additional Readings

- Psalm 98
- Psalm 145
- Psalm 146