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Scriptures, Questions, & Assignment

1. What did you learn from your study of Psalms 103 & 104 this past week?
2. Why does the Sabbath so often feel restrictive rather than freeing? How can you make it into an Oasis?

Exodus 20:8-11 (NLT): *Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.* (**Exodus 20:8-11**, NLT)

Exodus 20:8-11 (NLT): ... the seventh day is a Sabbath day of rest dedicated to the Lord your God.
(**Exodus 20:8-11**, NLT)

Exodus 23:12 (NLT): "You have six days each week for your ordinary work, but on the seventh day you must stop working. This gives your ox and your donkey a chance to rest. It also allows your slaves and the foreigners living among you to be refreshed." (**Exodus 23:12**, NLT)

3. How has the Sabbath been an Oasis in your experience? How does the enemy try to steal your Oasis experience?

Mark 2:27-28 (NLT): *“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”*
(**Mark 2:27-28**, NLT)

Matthew 12:9-14 (NLT): *Then Jesus went over to their synagogue, where he noticed a man with a deformed hand. The Pharisees asked Jesus, “Does the law permit a person to work by healing on the Sabbath?” (They were hoping he would say yes, so they could bring charges against him.)*
And he answered, “If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course you would. And how much more valuable is a person than a sheep! Yes, the law permits a person to do good on the Sabbath.”

He said to the man, “Hold out your hand.” So the man held out his hand, and it was restored, just like the other one! Then the Pharisees called a meeting to plot how to kill Jesus.
(**Matthew 12:9-14**, NLT)

Exodus 20:8-11 (NLT): *... the seventh day is a Sabbath day of rest dedicated to the Lord your God.*
(**Exodus 20:8-11**, NLT)

Matthew 11:28-30 (NLT): *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”* (**Matthew 11:28-30**, NLT)

Assignment

Spend a bit of time this week considering **John 15:1-17**.

- This week, read **John 15:1-17** at least once each day – try reading it in several different translations.
- What do you find comforting in this passage?
- Is there anything about this passage that makes you uncomfortable? Why do you think that is?
- What commandment is Jesus referring to in this passage?
- How does the picture of a vine and branches help you understand your relationship with Jesus?
- What’s the most important thing you’re learning from this passage?
- How will what you have learned affect the way you live your life? Why?