

Sabbath Family Bible Study – Week 1

Topic: The Purpose of the Sabbath

Theme: God created the Sabbath for His glory and our good. It is not a suggestion—it is a sign of His covenant and a test of household obedience.

Introduction: Reclaiming the Rhythm of God

In a world that tramples sacred things and exalts busyness, the Sabbath is a divine protest. It is God's weekly claim over time, over the household, and over man himself. When the Lord sanctified the seventh day, He established a permanent boundary against the tyranny of endless labor and selfish indulgence. The Sabbath is not man's invention, nor is it to be remolded by modern churches into Sunday amusement or soft spirituality.

Rather, the Sabbath is a **holy convocation**, a family altar, a dominion reset. In *The Great Order*, the Sabbath is not optional. It is the weekly crown of the household.

Let us now open the Scriptures and see what the Lord has spoken.

Scripture Reading & Commentary

1. Genesis 2:1–3 – God Rests and Sanctifies the Seventh Day

1 Thus the heavens and the earth were finished, and all the host of them.

2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Commentary:

The very first Sabbath was not about catching one's breath. God does not tire. His rest was royal—He paused to **enjoy**, **declare finished**, and **bless** what He made. The seventh day was **set apart** as holy before sin ever entered the world. The Sabbath is not a Jewish invention—it is a **Creation ordinance**, universal and perpetual.

2. Exodus 20:8–11 – The Fourth Commandment

8 Remember the sabbath day, to keep it holy.

9 Six days shalt thou labour, and do all thy work:

10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Commentary:

This is not mere advice—it is a **command** from the Decalogue. Note the structure: six days of labor, one day of total cessation. But this rest isn't merely from physical labor—it is unto the Lord. The Sabbath is about **remembrance**, **reverence**, and **realignment**. Notice the household order: fathers are charged with ensuring that no one under their roof labors, even servants and animals. Dominion pauses before the throne of God.

3. Isaiah 58:13–14 – The Delight of the Sabbath

13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

Commentary:

The Sabbath is not a burden but a **delight**—for those who know God. It is not a day for pursuing your own pleasures or business, but a day of sacred focus. In exchange, the Lord promises joy, elevation, and inheritance. The Sabbath reveals whether a household serves self or serves the King.

Discussion Questions

1. **Why did God rest on the seventh day if He wasn't tired? What does His rest signify?**
2. **What does it mean to keep a day "holy"? How is the Sabbath different from every other day?**
3. **Who is responsible for making sure the Sabbath is honored in the home?**
4. **According to Isaiah, what are we supposed to turn away from on the Sabbath? What are we promised if we do?**
5. **In what ways can we better "call the Sabbath a delight"?**

Encourage answers from both children and adults. Let the father lead with strength and clarity.

Hymn: “Safely Through Another Week” by John Newton (1774)

1. Safely through another week,
God has brought us on our way;
Let us now a blessing seek,
Waiting in His courts today:
Day of all the week the best,
Emblem of eternal rest.
2. While we pray for pardoning grace,
Through the dear Redeemer's name,
Show Thy reconciling face,
Take away our sin and shame;
From our worldly cares set free,
May we rest this day in Thee.
3. Here we come Thy name to praise,
Let us feel Thy presence near;
May Thy glory meet our eyes,
While we in Thy house appear:
Here afford us, Lord, a taste
Of our everlasting feast.
4. May Thy gospel's joyful sound
Conquer sinners, comfort saints;
Make the fruits of grace abound,
Bring relief for all complaints:
Thus may all our Sabbaths prove,
Till we join the church above.

(Encourage the whole family to sing together. If needed, read the lyrics aloud and discuss the meaning line by line.)

Application Points

- **Prepare before the Sabbath.** Just as Israel gathered manna the day before, your family must prepare spiritually and practically to honor the Sabbath.
- **Cease from common labor.** Do not shop, work, or conduct business. Let the home come to rest under God's government.

- **Sanctify the day.** Structure the day with Scripture, prayer, song, reflection, and family togetherness. Let Christ rule your time.
 - **Fathers must lead.** The head of the house is the gatekeeper of Sabbath sanctity. Set the tone through joyful leadership and righteous boundaries.
 - **Children must be trained.** From young ages, they should learn to look forward to the Sabbath as a gift and a joy.
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The Sabbath Feast: A Foretaste of the Kingdom

Introduction

The Sabbath is not only a day of rest and worship—it is also a day of rejoicing. Just as the Lord provided double manna on the sixth day for the Israelites to enjoy on the seventh (Exodus 16:22–30), the Sabbath feast is a holy celebration of God’s provision, His covenant, and His coming Kingdom. It is a time to honor the Lord with joy, food, and fellowship within the household.

Scriptural Foundation (KJV):

- **Exodus 16:23** – *“And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.”*
- **Isaiah 58:13-14** – *“...thou shalt call the sabbath a delight... then shalt thou delight thyself in the LORD...”*
- **Nehemiah 8:10** – *“...Eat the fat, and drink the sweet... for this day is holy unto our Lord...”*

Serve a Special Meal – Prepare something different from the rest of the week. It doesn’t need to be elaborate—only intentional.

A Sabbath Feast Prayer: (Used later when the Sabbath Meal is Ready)

“Heavenly Father, we thank You for Your Sabbath—a holy day of rest, joy, and renewal. As we partake in this meal, may our hearts be lifted in gratitude for Your provision and peace. Let this table reflect the peace of Your Kingdom and the love that binds our household together in Christ. In Jesus’ name, Amen.”

Closing Prayer

Our Father and our King,

We thank Thee for this holy day which Thou didst sanctify from the foundation of the world. We confess that we often treat it lightly and forget that time belongs to Thee. Forgive us for our Sabbath neglect.

Teach us to delight in Thy day, to cease from our works, and to remember that Thou art our Creator, Sustainer, and Rest. May our home be a place of reverence and joy. May our children grow up to honor Thy holy time.

Help us to prepare well, worship fully, and rest rightly. And let this Sabbath be a foretaste of the eternal rest that remains for Thy people.

In the name of Jesus Christ, Lord of the Sabbath, we pray. Amen.