

Sermon Notes
“Sabbath...How?”
Exodus 20:1-17
March 4, 2018
Third Sunday of Lent, Year B

Read Exodus 20:1-17

Sabbath: The noun is from the Hebrew verb [shabath](#), which means “to rest, to cease, to sit down or sit still.”

Purposes of Practicing Sabbath:

- Delight in [God](#)
- Care for [Self](#)
- Dwell in [Community](#)

Questions for Reflection and Application:

1. How has your understanding of Sabbath been shaped?
2. What does Sabbath keeping look like for you *now*?
3. What is your vision for practicing Sabbath?
4. What steps do you need to take toward a more holistic practice of Sabbath?