



## **‘THE JESUS APPRENTICESHIP’**

### **Session 9: Sabbath**

What is Sabbath and does it apply to Christians today?

#### **Group questions:**

1. Do you find it easy to rest?
2. “Shabbat” means “to stop/cease from your labours”. As New Testament apprentices are we still required to Shabbat?
3. “Nuach” means “to settle in” (into God’s presence). Share ways you do this as an apprentice of Jesus.
4. Why did God want the Israelites to Sabbath? (Isaiah 58 v13-14)
5. For a Christian Sabbath is not a shadow pointing to Jesus, but a foretaste of the Kingdom to come (the ultimate Seventh day). Discuss.
6. Jesus calls us to come to Him, take His yoke upon us and learn from Him. Take a moment to meditate on this image. What is the Lord saying? How might this image help us to abide in His presence?
7. Is there anything the Lord is challenging you to do in regards to this teaching? What might be some of the obstacles/challenges in doing this?
8. How can you apply the wisdom/principles of the Sabbath in every day?

