

SANCTUARY, SABBATH, SHALOM

First Presbyterian Church of Bakersfield
2026 Sept-Nov Sermon Series Study Guide

Deuteronomy 5:12-15 (NIV)

¹² “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. ¹⁵ Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Sabbath: A Day of Resistance

OPEN

- What kinds of activity fill you with joy? You can be as specific or general as you'd like.
- Background: For context, skim all of Deuteronomy chapter 5. What is happening here to the people of Israel and to Moses—what are they being given and how are they receiving it?
- Read Deuteronomy 5:12-15.

STUDY

- What are the Israelites commanded to do and not to do in this passage?
- What reason, if any, does God give for this command?
- Why would rest and remembering be important for this community?
- How could observing a weekly sabbath rest serve as a defiance of what they've just been through and a resistance against the cultures around them?
- What other benefits would sabbath provide for them? What challenges?
- Is this commandment still in play for Christians today? Why or why not?
- How might a weekly day of rest be beneficial for us today? What might that look like?
- What cultural norms would we be resisting by this practice and what other challenges would it present?
- Do you currently participate in a weekly sabbath rest? If not, what help would you need in order to begin? What is one step you could take this week to lean more deeply into sabbath rest & remembering?

PRAY

- Pray for each other and our church— for the strength and obedience to take further steps into sabbath rest!