*Outline for Sabbath School Teachers with ideas for group discussion inspired by the Teachers’ Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.*

Lesson n. 03 13-19 July 2019

Title: Sabbath: A Day of Freedom

*Key texts: Mark 2:27; Exodus 16:16-20; 20:8-12; Deut. 5:12-15; Matt. 12:9-13; Lev. 25:1-7.*

A. Themes to Explore:

1. The Sabbath is not only for rest; it is a day for equality, liberty, for those in need.
2. The Sabbath is time for redemption, salvation, social justice, salvation for creation and every creature.
3. Jesus confirmed the Sabbath; He was a model for its observance and made it a day of blessing and redemption.

**B. Teaching Suggestions**

1. Rediscover the meaning of the Sabbath as a day to respond to the needs that people have to face in our times.

**C. Other possible questions for deeper study, debate, sharing and testimony**

1. What new reasons for the value of Sabbath have you gathered from this lesson? What makes it a day of equality?
2. Read Exodus 20:8-11 and Deut. 5:12-15. Analyze how the two texts together give a complete understanding of the meaning and value of the Sabbath.
3. In the light of these considerations what reforms must we make regarding the Sabbath in our families and churches?
4. How can we make Sabbath a time of progress, human growth, health and freedom for nature and every creature?

Translator: Cathy Bertolini

Standard Questions to Help Facilitate Group Discussion:

1. Why is this lesson important to me? What new things have I discovered?

2. What is not clear to me and what else is there still to learn from God’s Word?

3. Where and how can I practice what I’ve learned from God’s Word?

4. How can I begin to apply what I have learned from God’s Word and communicate it to others?