

Student Worksheet



The Sanctuary in Time: Safeguarding the Sabbath

MODULE 5

Name: _____

**"The Sabbath is a
palace in time—
portable, indestructible,
immune to exile."**



1. RE-FRAMING THE SANCTUARY



REDEEM THE TIME 30

BRITISH UNION CONFERENCE | STEWARDSHIP DEPARTMENT



GOD FIRST
ADVENTIST STEWARDSHIP MINISTRIES

RE-FRAMING THE SANCTUARY

- **Space Sanctuaries:** Churches, Temples, Tabernacles (God dwells here).
- **Time Sanctuaries:** The Sabbath (God dwells now).
- How does it change your perspective to think of the Sabbath as the "Most Holy Place" on your weekly calendar?



2. RESISTANCE TRAINING



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RESISTANCE TRAINING

- Walter Brueggemann calls the Sabbath "resistance against the anxiety of production."
- What is one area of your life where you feel the "Pharaoh-like" pressure to prove your worth through work? How can Sabbath "dantle this illusion" for you?



3. GUARDING THE EDGES: MY PREPARATION PLAN



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GUARDING THE EDGES: MY PREPARATION PLAN

Read Mark 15:42. A "Frantic Friday" usually leads to a "Distracted Sabbath."

Choose one strategy from each category to try this week:

Category	Action/Step
Digital	Set an "Auto-reply" or turn off notifications at: _____ PM.
Logistical	Prepare this meal in advance:
Emotional	One person I need to forgive/reconcile with before sunset:
Liturgical	A song or prayer I will use to "open" the Sabbath:



4. THE DELIGHT (ONEG) FACTOR



THE DELIGHT (ONEG) FACTOR

Isaiah 58:13 says we should call the Sabbath a "delight."

- List three things that make you feel "truly alive" and "deeply joyful" that you rarely have time for during the week. How can you include one of these in your next Sabbath?

1. _____

2. _____

3. _____



5. FINAL REFLECTION



"Stop doing. Start being."

If you stopped "performing" for 24 hours, what is the most uncomfortable thought that comes to mind? What is the most liberating one?