

# **SABBATH/SUNDAY COVENANT GROUPS**

## ***An Offering of the LDA Board***

Discussions about Sabbath/Sunday observance focus on the activity of Christian formation. Group members consider what is important to them in their own life of prayer and worship. Small groups encourage them to think more specifically about how they use time personally and communally, and how to dedicate their time-bound activities to God.

*Instructions for those new to leading a Bible Study or Covenant Group are also available on the LDA website ([www.ldausa.org](http://www.ldausa.org))*

*Or, email us at [info@ldausa.org](mailto:info@ldausa.org) for more information!*

### **To Contact and/or Work With the LDA**

1. Consider your group's needs in regards to your present Sabbath practices, in light of your community's strengths and challenges
2. Formulate a proposal detailing what your group wants to see happen over a given period of time, and how the LDA can help.
3. Contact the LDA. The Executive Director can refer you to the Board Member(s) able to work with you in the ways you are seeking.

### **Our Mission:**

*The Lord's Day Alliance of the United States exists to encourage all people to receive God's great gift of Sabbath rest and to encourage all Christians to worship the risen Lord Jesus Christ, on the Lord's Day—Sunday—that they may be renewed in spirit and empowered to live lives worthy of the Gospel.*

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### **Our History:**

The Lord's Day Alliance of the United States (LDA) was founded in 1888. That year representatives of six major Protestant denominations met in Washington, D.C. to organize the American Sabbath Union; this name was later changed to The Lord's Day Alliance of the United States. The LDA has been the one national organization whose sole purpose is to maintain and cultivate the first day of the week as a time for rest, worship, Christian education and spiritual renewal.

Today, The Lord's Day Alliance promotes the importance of the Sabbath, and a message of spiritual renewal and personal well-being in the 21st century's fast-paced 24/7 culture.

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### **Our Leadership:**

The LDA is led by a Board of Managers comprised of clergy and laity from Christian churches and includes persons from Baptist, Catholic, Episcopalian, Friends, Lutheran, Methodist, Non-Denominational, Orthodox, Presbyterian, and Reformed traditions.

**Ph:** 404.693.5530; **Email:** [info@ldausa.org](mailto:info@ldausa.org)  
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# **SABBATH/SUNDAY COVENANT GROUPS**

## ***Arts-Based Groups***



## ***Bible Study Groups***



## ***'Great Books' Groups***



***Exploring and  
Experiencing  
Sabbath Rest  
Encouraged and  
Supported by  
The Lord's Day  
Alliance***

## *Arts-Based Groups*



This structure is suggested for those who wish to bring people together who want to explore Sabbath principles and practices further, using the arts in their discussions and expressions of experience.

It suggests ways in which to organize and set up groups, with a fair degree of flexibility in some dimensions.

By suggesting basic elements, but not giving exact protocols, the structure of the group and its use of particular media can be open-ended, depending on the skills and materials available, and the ways in which the group wishes to learn about and apply them.

## *Bible Study Groups*



This offering is subdivided into two separate series.

A group may study connections among the Ten Commandments and the central significance of Sabbath/Sunday observance (Commandment 3 or 4 in various traditions). Based on Barth's understanding of the Sabbath commandment as the Decalogue's chiastic center, this in-depth work will interest those seeking a more complex, informed Bible Study.

Or the group may follow Sunday themes with a focus on Bible Study techniques, including the use of a Concordance, how to do word studies, and the comparison and contrast of concepts.

## *'Great Books' Groups*



This structure is for those interested in a small group that will study books centered on Sabbath/Sunday thinking and practice.

The purpose of the study group is to expand the number of individuals who have a greater knowledge of the Biblical concepts of the gift of the Sabbath and to affirm a corporate and personal commitment to the benefits of regular practice of Sabbath/Sunday observance in their contemporary lives.

A study bibliography is included with the online instructions, along with a series of suggestions for group organization.