

The Ten Commandments

Sermon Notes & Community Group Discussion
Sunday, June 22, 2014

Sabbath

Exodus 20:8-11

What is the Sabbath?

A day to pause, rest, and refrain from working.

When is the Sabbath?

God is not concerned with the particular day we worship, but concerned with who we worship.

Why is the Sabbath still important today?

We find our rhythms from God's rhythms.

We physically need rest.

We spiritually need rest.

Tips for resting:

Work hard during the week.

Rest in the finished work of Jesus.

Gather and serve with God's people.

Allow your heart and mind to rest.

Community Group Questions

Discussion Questions

1. In looking at your own life, what is it that makes it hard to slow down and rest?
2. Read Exodus 20:8-11. What does Sabbath mean to you? How does this look in everyday life?
3. It is not a sin to work hard. There are seasons in life that have a heightened demand for us to work harder both physically and emotionally. However, God's command for us to rest in him is not conditional. Where do you turn in moments of exhaustion or fatigue? Do these bring rest?
4. What are some ways you'd like to try to incorporate more Sabbath time into your schedule? Weekly? Quarterly? Annually?
5. For Christians, the finished work of Jesus is what provides ultimate rest. In what practical ways can you lay down your efforts, striving, and work and rest in the perfect, finished work of Christ?
6. How does your group practice Sabbath? How might you incorporate more Sabbath into your group's rhythm?

