



Destroying Distractions

Sabbath as Rebellion

Exodus 20:8-1; Deuteronomy 5:12-15



Study Description

We are called to live differently than the rest of the world. We see two distinctions of the Law of Moses when we see the Ten Commandments read twice. Deuteronomy literally means, "Second Law". The first time we hear the phrase, "Remember the Sabbath day..." This focuses on God creating the world in six days and resting on the seventh day (Exodus 20:8-11). In this text specifically, we see the Ten Commandments again, the emphasis is on God rescuing His people out of Egypt and to remember that they were brought out of Egypt and saved from slavery, where they did not have a day of rest. The world often operates like Egypt in the story of the Exodus. However, as God's people, we will be faithful and be reminded of God's rescue from sin and death and find rest that contrasts the rest of the world.

Share: (5 Min)

- Did you get a chance to Sabbath last week? What was that experience like for you? If not, what could taking a Sabbath rest look like for this week?
- Read Exodus 20:8-11 and Deuteronomy 5:12-15 together.

Learn: (10 Min)

- What does God say about Sabbath in these two texts?
- What similarities and differences do you notice between the Exodus and Deuteronomy texts? Why do you think these two commandments are different?
- Do you think this commandment still applies to us today? Why or why not?

Love: (10 Min)

- Why do you think God desires for His people to rest?
- Think about a time when you were not rested. What impact did that have on you in your relationship with God and other people?
- What does rest or restlessness look like for our community? Do you believe people need to rest more or less in today's culture?

Live: (10 Min)

- How can we apply the principles of rest and remembrance in our lives today, according to both the Exodus and Deuteronomy texts?
- Think about the cultural pressures and demands that keep us from observing Sabbath rest. How can we intentionally counteract these influences to prioritize rest and worship?

Prayer (15 Min)

- Pray for each other as you seek to find Sabbath rest this week.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. How can we support and encourage each other to prioritize rest in our lives despite cultural challenges?
2. What pressures do you face in the culture that we live in today that keep you from rest?
3. How do you think Sabbath rest can impact your relationship with God this week?