

**BROUGHT OUT**  
**EXODUS SERMON SERIES**

**SERMON LISTENING GUIDE // DATE: \_\_\_\_\_**

**Exodus 31:12-18** // <sup>12</sup> And the Lord said to Moses, <sup>13</sup> "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you. <sup>14</sup> You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. <sup>15</sup> Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. <sup>16</sup> Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. <sup>17</sup> It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.'" <sup>18</sup> And he gave to Moses, when he had finished speaking with him on Mount Sinai, the two tablets of the testimony, tablets of stone, written with the finger of God.

**Rest in a Hectic World**

**Exodus 31:12-18**

What kind of rest does God give you?

I. Regular rest

- A. The weekly Sabbath (v. 13a, 15a)
- B. The ongoing Sabbath (v. 16, 18)
- C. The gift of the Sabbath (v. 14a; Mark 2:27)

II. Physical rest

- A. The grind of work
- B. Sabbath celebration of design (v. 17; Ex. 20:8-11)

III. Spiritual rest

- A. The slavery of work
- B. Sabbath declaration of freedom (v. 13b; Deut. 5:12-15)
- C. Yoked to Christ (v. 14b; Matt. 11:28-30)

**APPLICATION GUIDE**

1. How do you view the Sabbath and the commandment to keep it? Have you viewed it as restrictive or life-giving? Why?
2. What is the "work under the work" for you? What drives you to overwork and not rest well?
3. What are some practical ways you can honor the Sabbath and receive the rest God gives you through it?