



Outward Group Discussion Guide

February 8, 2026 (Salem)

SUMMARY

This sermon explores the Fourth Commandment—remembering the Sabbath—as a demonstration of God's love and care for His people. The pastor emphasizes that God's commandments come from a posture of love, not legalism, and that God saved Israel before asking anything of them. The Sabbath is presented not as a restrictive burden but as a gift that allows believers to rest, reconnect with God, and remember His sovereignty. The message challenges modern busyness and the cultural tendency to prioritize productivity over relationship with God. Through Jesus, the legalistic approach to Sabbath is replaced with grace, freedom, and an invitation to find rest for our souls. The sermon calls believers to intentionally set apart time to worship, remember God's creation and redemption, and acknowledge their complete dependence on Him.

DISCUSSION QUESTIONS

1. In what ways do you find yourself prioritizing work or busyness over intentional rest and time with God, and what might be driving that choice?
2. How does understanding that God saved Israel before giving them commandments change your perspective on obedience and your relationship with God?
3. What does true Sabbath rest look like in your life, and how is it different from simply taking a day off to do whatever you want?
4. Do you struggle with trusting that God can accomplish more through you in six days than you could accomplish on your own in seven days?
5. How might the devil be using busyness as a tool to separate you from God, and what practical steps can you take to resist this?
6. What activities or practices help you reconnect with God and remember His greatness, similar to how hiking reminds the pastor of God's creation?
7. Are there areas in your life where you have created legalistic rules around spiritual practices

that have made them burdensome rather than life-giving?

8. How does the truth that Jesus offers rest for your soul, not because of anything you do but because He loves you, impact your understanding of grace?
9. What would it look like for you to view Sabbath as the beginning of your week rather than the end, using it to reconnect with God's will for your life?
10. In what ways are you acting as the creator and sustainer of your own universe by refusing to cease from your labors and trust God?