

“Gimme a Break!”

Exodus 20:8-11

Background:

(Exod. 20:8-11; Gen. 2:1-3; Num. 15:32-36; Mk. 2:27-3:6)

Principle: It _____ takes seven days to do
_____ work!

To keep the Sabbath holy means to once a week:

1. _____ working as evidence of your _____
in God.
(Psalms 127:1,2)

2. _____ God and His creation and have _____.
(Exod. 20:10)

For a personal check-up, ask yourself weekly:

*Am I _____?

*Am I _____?

*Am I _____?

Discussion Questions

1. Carefully review your sermon notes explaining each point as you do so.
2. Why do you think so many people are unconcerned about keeping this commandment?
3. Most people think of “keeping the Sabbath” as meaning “going to church.” Is this an accurate understanding? Please explain your answer.
4. What do the following Scriptures tell us about resting and trusting in God?
 - *Exod. 31:12-18
 - *1 Kgs. 19:1-8
 - *Neh. 13:15-22
 - *Psa. 127:1,2
 - *Mt. 6:25-34
 - *Lk. 5:15,16
5. What will you do differently as a response to this message?



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Pastor Perry Alexander
Family Values

New to Kailua Community Church? Let's get acquainted!

