

10 COMMANDMENTS

Sunday May 26th

LET'S TALK:

Do you have a sabbath day? Why or why not?

If so, what does that day look like? Do you have any special traditions or practices?

If not, what are the factors that have hindered you? What are some of the challenges in our culture against taking a sabbath day?

Taking a day of rest is tied to holiness, community, and being refreshed in The Lord. From your experience share how taking Sabbath has impacted your relationship with God and others.

LET'S STUDY:

Read Exodus 20:8-11.

What did 'keep the Sabbath holy' mean for the Jews when these words were written?

Verse 11 connects the fourth commandment to creation in which God modeled a rhythm of work followed by rest. God does not need to physically be restored so that He can continue to work. What is the significance of the words 'God rested'?

Read Exodus 23:10-12 and Deuteronomy 5:15

What are the different reasons given for why rest from work is required on the seventh day?

Read Mark 2:23-27

What did Jesus mean when he said “the Sabbath was made for man and not man for the Sabbath”?

Have you ever felt that keeping the sabbath was an obligation? How did that make you feel about God? Does seeing it as a gift change that perception?

LET’S APPLY:

What’s your response to Jon’s statement?

“God comes to us and says, what about Sabbath C4? Do you even have one? Why would you reject a gift you need? Are you more than me? Do you know better? You are not a machine, you are made in my image, rest is part of being human and obeying the will of God!”

Did you relate to Jon’s story about the inner taskmaster? How can you prepare yourself to embrace Sabbath and resist the condemnation around resting?

Together talk about practical ways you can take a Sabbath if you work on a roster/shift and/or when your employment requires working on a Sunday. What will you do, what will you refrain from, to keep the Sabbath holy?

LET’S PRAY:

Praise the Lord for His Holiness and that He is Creator.

Thank the Lord for the opportunity to join in His work and for the gift of a Sabbath day to enjoy creation.

Ask the Lord for rest, especially for those who are weary and in need of rest.

BEFORE NEXT TIME, ON YOUR OWN:

Read Romans 14.

How did Paul handle the disagreement people were having in which some said one day was holy to the Lord and others said all days are [holy] alike to the Lord?

Is there anything you’re doing that makes it difficult for others to observe sabbath?

Take a moment to record how you spent this past Sabbath. Are there changes you’d like to make for next Sabbath?