

TEACHING THE ELEVEN COMMANDMENTS
A COMMANDMENT MADE FOR YOU

look back

First, **LOOK BACK** at the past week by asking, "How did we do?" Begin with prayer, then check in with one another—sharing honestly, celebrating victories, acknowledging struggles, and graciously offering practical help.

PRAYER - Begin with prayer, inviting Jesus into the conversation.

Then discuss last week's assignment:

- Were you able to talk with a grandchild or NextGen loved one about why God's name is precious?
- What did their response reveal about how they understand honoring God's name?
- What did you discover about the way you use God's name or speak for Him?

look up

Next, **LOOK UP** to God's Word by asking, "What does Jesus want us to know?" If you haven't already, watch this week's video: *"A Commandment Made for You."* Then use the summary, questions, and Scriptures below to draw out the main truths together.

WATCH: Episode 4: A Commandment for You

Episode Summary

The Sabbath is one of the most neglected commandments, but Jesus reminds us that it was **made for us.** God built a rhythm of work and physical rest into creation for our good, and through Jesus He offers us an even greater rest: we no longer have to strive to earn our salvation because Christ has finished the work for us.

While physical rest helps keep us grounded in God's provision, regular worship brings a spiritual Sabbath every day of our lives. As grandparents, we should teach the Sabbath not as a restriction, but as a loving gift from a God who invites us to stop striving and rest in Him.

Every day is a Sabbath for those who rest in Christ's finished work.

HOW TO USE THESE RESOURCES

Whether you're studying on your own or with a group, each guide follows a simple yet powerful rhythm: **Look Back / Look Up / Look Forward.** For group leaders, additional instructions for leading a small group are included at the end of the first workbook in each series.

ABOUT THIS STUDY

God's commandments give us a moral compass for navigating a world where truth and values are increasingly up for grabs. This eleven-part series explores the Ten Commandments and Jesus' "new commandment" to love one another as He has loved us. More than a list of restrictions, God's commands reveal His character, show us our need for Jesus, and guide us in passing on His legacy of love to the next generations.

WHAT DO YOU THINK?

1. Why do you think the Sabbath is so easily neglected?
2. How does seeing the Sabbath as a gift rather than a restriction change the way you think about this commandment?
3. What does it mean for you to stop striving and rest in Christ's finished work?
4. What example of work, rest, and worship are your grandchildren seeing in your life?
5. How can you help your grandchildren understand that the Sabbath was made for their good?

Episode Notes

1. Sabbath means to stop and rest.

- God established a rhythm of work and rest.
- Rest is a gift from God, not a burden.

2. Jesus gives us a greater Sabbath rest.

- We can stop trying to earn our salvation.
- We rest in Christ's finished work.

3. Sabbath rest is for every day.

- Spiritual rest means trusting Jesus with our salvation and our lives.
- Weekly worship helps keep us grounded in that daily rest.

4. Teach the Sabbath as a gift.

- God's commandments flow from His love for us.
- Help your grandchildren see that God gives us rest for our good.

WHAT DOES GOD'S WORD SAY?

KEY SCRIPTURE

Mark 2:27 - "Then he said to them, 'The Sabbath was made for man, not man for the Sabbath.'" The Sabbath is not a burden God imposed on us. Jesus describes it as something God made **for us**—a gift of rest from a God who knows what we need.

SUPPORTING SCRIPTURE

Hebrews 4:9–10 - "There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his." The Sabbath points beyond physical rest to the deeper spiritual rest we find in Christ. We do not have to earn our salvation. We can rest in what Jesus has already accomplished for us.

look forward

Finally, **LOOK FORWARD** by asking, "What does Jesus want us to do?" Commit to practical steps for living out this week's lesson. Review the assignment, share commitments with the group, pray for one another, and move forward together in faith and hope.

ADDITIONAL REFERENCES

Exodus 20:8–10
Acts 20:7
Hebrews 10:25
Colossians 2:16

THIS EPISODE'S ASSIGNMENT

This week, help a NextGen loved one experience the Sabbath as **a gift rather than a rule.** Invite them to put aside work, chores, phones, and other distractions for a day of relaxation and fellowship with you.

Dialogue about how Sabbath means to **stop or cease.** Discuss how the Fourth Commandment gives us rest from work, and how Jesus' finished work allows us to rest continually in God's love and salvation.

PERSONAL GROWTH COMMITMENTS

- What has God laid on my heart?
- What is the Holy Spirit leading me to change?
- What will I do in my own life, in my relationships, and to reach NextGen loved ones?

SHARE WITH THE GROUP

Encourage sharing commitments, prayer needs, and real-life stories. Close in prayer, thanking Jesus for His finished work and asking Him to help you rest in His love.