

# sermon discussion

## LISTEN TO THIS MESSAGE

Live stream at [OBCC.online.church](https://OBCC.online.church); access a video of the service on Facebook or YouTube.

## MAIN POINTS & KEY SCRIPTURES

Exodus 20:8–11

Are we supposed to obey this?

- Genesis 2:1–3
- Exodus 31:17
- Ezekiel 20:12
- Matthew 5:17
- Hebrews 4:1–3

For us, every day is a sabbath.

So, should we take a day to spend with the Lord?

- Mark 2:27
- Romans 14:5

Sunday was the day for our church.

- Acts 20:7
- 1 Corinthians 16:2

Rest one day not more.

- Exodus 20:9–10
- Colossians 3:17

This is a day for God and His people not us.

- Exodus 20:8

What can we do on our day of rest?

- Matthew 12:5–6
- Matthew 12:11–12

## GROUP DISCUSSION

1. What messages about rest and work did you get as you grew up? How has your perspective changed over time?
2. **Read 2 Thessalonians 3:10-12.** How should one be treated if he will not work? What correction should these non-working members make?
3. How would you define “busybody”? Why is it often associated with idleness?
4. **Read Colossians 3:17.** Explain what it means to act in the name of Jesus. How many things should we do in this way?
5. According to the following passages, what were some activities that could be viewed as work but did not violate the Sabbath law: Matthew 12:5-14; John 5:17-19; 7:21-24. What should we conclude about whether or not the Sabbath law forbade all kinds of work?
6. **Read Genesis 2:1-3.** In what sense did God rest? What lessons can we learn from the fact that God worked, and God rested?
7. Pastor Greg spoke about doing things that help us to recreate with God and be replenished. What are some things that refuel you and your relationship with the Lord? What can you do to integrate one or more of those things into your daily or weekly routines more often?

## GOING FURTHER

**MEMORIZE:** *And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.* **Colossians 3:17**

**READ/WATCH:** *The Ruthless Elimination of Hurry* by John Mark Comer. There is a book you can read on your own, or a small group study that is available on Right Now Media.