
SERMON NOTES AND SCRIPTURE

Exodus 20:8-10 (NIV)

8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns

Deuteronomy 5:12, 15 (NIV)

12 “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 15 Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Romans 14:5 (NIV)

5 One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.

Colossians 2:16 (NIV)

16 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

**The Point: You Should Take 1 Day A Week To Celebrate
Your Relationship With God.**

Two Questions:

1. Is there anywhere in my life that I’m not trusting in God?

2. Where do I find my identity in life? In Christ, or in my work?

GROUP DISCUSSION

Please read the Scripture together as a group.

What did God impress on you from this sermon?

Pastor Luke said that we need a Sabbath for two reasons. We need rest and a weekly refocus on God. How have you experienced this to be true in your life?

If you aren't practicing this, in what ways do you feel your life and relationship with the Lord would benefit?

What is your takeaway from this week?