



## Parkway Fellowship

Livin' the Dream • Sacred Time • Exodus 20:8-11 • 2/23/2020

### MAIN POINT

Keeping the Sabbath keeps God in His rightful place and me in mine.

### INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

**Complete the following sentence: "I wish I had more time to..."**

**Do you think we live in a culture that values rest? Why or why not?**

As we walk with God, part of that walking involves resting. But we can only truly enter into that state of Sabbath rest through faith, trusting in God's finished work on our behalf. When we do, we will remember that because of Jesus, there is nothing else we have to do.

**When you need a day of rest, what activity are you most likely to do? Why?**

**When you were growing up, what example (if any) of Sabbath rest was given to you?**

### UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

**Do you have trouble resting? Why or why not?**

**Why might our ability or inability to rest be more about what we believe than the commitments on our schedule?**

| Have a volunteer read Exodus 20:8-11.

**The other commands begin with, "Do not." Why do you think in regard to the Sabbath God said, "Remember"? What, specifically, are we to remember about the Sabbath?**

**What does verse 9 indicate about how God wants you to spend your week?**

**What did God say about the Sabbath?**

Culture views rest as a celebration of self. We say, “treat yourself,” or “you deserve it!” This is a fundamental difference in the kind of Sabbath rest God commands for His people. In the Ten Commandments, God blessed the Sabbath day and made it holy. Sabbath is not about us, but about Him. However, God intends to bless us through the holiness of Sabbath rest.

**God Himself rested on the seventh day of creation. Why did He rest?**

When we don't rest, life can feel like an endless cycle—constantly running, but never really getting anywhere. To truly rest we must understand that rest isn't always about sleep; it's more about completion. That's why God rested in creation. It wasn't because He was tired; it's because His work was finished and He could enjoy it. If we want to truly rest, then, we must examine at a deeper level what our inability to do so says about our hearts.

**What might an inability to rest because you overcommit yourself to activities show you about where you find your true significance?**

**How might an inability to rest influence the way you interact with other people?**

In each of the examples above, the true enemy of rest isn't a busy calendar; it's a failure to believe in the finished work of God at the cross. Because of the cross, we know that we are highly valued by God. Because of the cross, we know that God is out for our ultimate good and we needn't worry about the future. Because of the cross, we no longer have to prove ourselves to others because God has justified us in Christ.

## APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

**If Sabbath rest is intended to keep God in His rightful place and you in yours, then how does your practice of Sabbath rest need to change?**

**In this week's message, the following three points were made: take a day off to worship God. Close the loopholes. The Sabbath is not to gear up for the next week, but to look up before the next week. Which of these stands out to you the most personally? Why?**

## PRAYER

Thank God for His finished work that enables us to walk with Him in rest. Pray that we would be intentional about not only drawing boundaries for rest, but that we would live in a state of rest.

## COMMENTARY

| Exodus 20:8-11

The Fourth Commandment concerning our relationship with God deals with keeping the Sabbath Day holy. Anything set apart to belong to God is holy. A holy day then is a day devoted to God's purposes. God set aside the seventh day for Himself. The Jews observe the Sabbath to commemorate God's rest on the seventh day and also God's deliverance of His people from bondage in Egypt (Deut. 5:15). We run into real problems when we attempt to define minutely how God's day is to be kept holy. God's day is kept holy when we glorify God through what we do in it.

Since Christ arose on the first day of the week, Christians observe Sunday as the Lord's Day, a day of celebration and worship. If we do not work on the Lord's Day, but do not serve God on that day either, we have failed to keep the intent of the Fourth Commandment.

The Fourth Commandment reminds believers that every day is a gift from God. All time belongs to Him. We are to be good stewards of the time He has allotted us. Observe that in addition to keeping one day holy, God also commanded His people to labor and do all their work in the remaining six days (v. 9).