

LIFE GROUPS

DISCUSSION QUESTIONS

1. What was your normal daily routines on Sundays when you were a kid? What is your normal Sunday routine now?
2. What are some healthy ways to relieve stress? What are some unhealthy ways? How do you try to relieve stress?
3. Read Genesis 2:1-3. If the Lord is Almighty God, why did he rest on the seventh day of creation?
4. Read Exodus 20:8-11. What did it look like for the Israelites to keep the Sabbath holy in Old Testament times?
5. Why is it important to reflect on verse 9 when it comes to living a godly life? Why do we struggle to “rest” (or “let fall”) a day each week?
6. Read Genesis 31:15. What does the consequence of breaking the Sabbath suggest about God’s seriousness about his desire for them to keep it holy? How have the people of God fallen into legalism over the years when it comes to the Sabbath Day and the Lord’s Day?
7. How does the Sabbath Day (Exodus 20:8-11) in Old Testament times differ from the Lord’s Day (Acts 20:7) in New Testament times?
8. Why would faithfully participating in corporate worship with one’s parents influence children to walk with Christ in adulthood, according to research (*Sticky Faith* by Powell & Clark, 2011), more than any other factor?
9. Read Mark 2:27-3:6. How did the Pharisees misapply the Lord’s command about keeping the Sabbath Day holy? What did Jesus’ words and actions teach us about the Sabbath Day?
10. Read Colossians 2:8 & 2:16-17. What do these verses teach us about the Sabbath in light of the Resurrection?
11. Pastor Craig challenged you to, “Every week, take a day of rest to reorient your heart and mind toward God.” What needs to change in your life in order for you to experience a reorientation of your heart and mind weekly?



Rest

Exodus 20:8-11

September 30, 2018