



Morning Services of Divine Worship – May 3, 2026

*The Ten Commandments*  
The Fourth Commandment: Rest  
Deuteronomy 5:12–15  
Dr. Scott Redd, Pastor

1. Rest from Work

2. Rest for Worship

3. Rest in Christ

## DISCUSSION QUESTIONS:

1. What makes rest hard for you personally: guilt, ambition, fear, distraction, boredom, pressure, or something else?
2. How can busyness become a way of seeking identity, control, or self-justification?
3. How can individuals and families prepare for Sunday so that it becomes less rushed and more restful?
4. What practices might help you turn from ordinary distractions and give the day more fully to God?
5. How can Sunday worship shape the rest of the week?