

TEN COMMANDMENTS

Discussion Questions 3/12/23

Commandment #4 - Remember The Sabbath

Family Check-up:

What is God teaching you in your quiet time?

Who have you had the privilege of reaching out to this week?

Intro: What does God think about hustle culture? God loves work and even commanded Adam and Eve to work before the fall. But he also showed the example of rest on the seventh day. A restful rhythm is one of the ways that God reminds us and the people around us that we trust God is the one in control, not us.

Read: Exodus 20:8-11

1. In Genesis 2:2-3 God rests after creating the world. If God is all powerful why would he have rested? What did he want us to take from that?
2. In order to sabbath (rest) one first has to be working. Work was not from the fall. This means there will be perfect rest and perfect work in the new creation and you will love it. As an important exercise in knowing how God made you and what it means to be made in his image, discuss what work may look like for you and how you could start it now.
3. When you actively practice a sabbath rhythm what does that communicate to the world around you?
4. Read Hebrews 4. There is a promise of a future Sabbath-rest. What is the difference between the Israelites who had that rest taken from them, and us who still have the promise of a future Sabbath rest.
5. Often times when we think of Sabbath we think of the day set aside for worship. While that is definitely a part of it, that is also only a couple of hours. What might an entire day dedicated to worship look like for you and how might it change your life?

Pray: Thank Jesus for the work that he has done to promise us a future rest. Ask that the promise of a future rest would energize us now to work hard for six days and then press into rest deeply in Jesus on that seventh day. Pray for the weary in your group who need to be reminded of the rest that Jesus provides and the wisdom in Sabbath.