

Living by Design: 10 Commandments

Week 4 // Command 4

October 12, 2025

Ice Breaker: What's one hobby or activity that helps you slow down?

Key Scripture: Exodus 20:7

“Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy..”

Big Idea:

God created Sabbath as a gift and rhythm for our flourishing. It's not merely a command to stop working but an invitation to worship, trust, rest, and realign our lives with God's design. By observing Sabbath, we remember that our worth is found in God—not in our productivity—and that true freedom and blessing come from living within His rhythm of work and rest.

Key Points:

- **God rested—so should we.** Sabbath isn't just about stopping work, it's about aligning with God's rhythm of rest and renewal. We bear God's name.
- **Sabbath is a spiritual practice, not just a day off.** It re-centers our identity in God, not in what we produce.
- **Rest is an act of trust.** When we pause, we declare that God—not us—is the One who holds everything together.
- **We are not machines.** God wired us for rhythms of both work and rest. Pushing nonstop isn't sustainable for our souls or our bodies.
- **Sabbath is a gift, not a burden.** It's a time to worship, enjoy God's presence, delight in His creation, and reconnect with others.

Digging Deeper Questions:

- What does “keeping the Sabbath holy” mean to you personally?
- Why do you think God gave such detailed instruction about rest?
- How does your current lifestyle align—or clash—with the idea of Sabbath?
- What keeps you from fully resting? Is it pressure, fear, habit, or something else?
- What kind of rest actually restores your soul and brings you closer to God?
- In what ways might practicing Sabbath bring more balance, peace, or clarity into your week?

Prayer

- Confess areas where busyness or distraction has replaced rest and worship.
- Ask God to help you trust Him enough to pause and let go.
- Invite the Holy Spirit to show you how to make room for Sabbath in your week.
- Thank God for the gift of rest and ask for renewed strength and joy.