
SERMON NOTES April 23, 2023

Today's notes also available at CCPL.life/Connect

Matthew 11:28-12:14

Sabbath Rest

Pastor Mike

I. True _____ is found in Jesus

II. Correcting _____ views of the Sabbath

a. Emphasize _____ to rules

b. See God as an _____

c. Focus on the rule to _____

d. Serving God by _____

III. Reclaiming a _____ of Sabbath

a. It is a command rooted in _____

b. It speaks to our created need _____

IV. Rediscovering the _____ of sabbath

a. The command is to keep the _____

b. Rest _____ to rest _____

The ultimate goal isn't _____, but _____

V. Redeeming our _____ of the Sabbath

Our focus on Sunday _____ what we believe _____

Questions for reflection, application, and discussion

1. Most Christians would readily affirm the importance of the 10 commandments as foundational moral principles for life. But before God gave the commandments against murder, adultery, and stealing, he gave the 4th commandment, calling us to “*Remember the Sabbath day, to keep it holy.*”
 - a. How important do you believe the Sabbath is to God? Do you think it is as important as the other 10 Commandments? Why or why not? Why do you think this commandment is so overlooked in comparison to the other commandments?
 - b. In your own life, how much value and importance have you put on this issue compared to the importance that God puts on the issue?
 - c. When is the last time that you gave much thought to what it means to keep the Sabbath? When is the last time you really struggled with what it means and asked yourself if you are properly keeping this command?
2. In his message Pastor Mike pointed out that this commandment isn't just an Old Testament law for Israel, but it is rooted in creation itself. It is a command that God gives us that is linked to the nature of our body and soul, and the way creation works. Why is this an important point? What are some of the practical implications of this truth?
3. Some teach that God gave us the Sabbath because of the limits of our biology. But knowing that it was God who designed us with those limitations, did God give us the Sabbath to make us aware of our limitations, or did God give us the biological and emotional limitations to remind us of the importance of the Sabbath?
 - a. Why is this an important question? What is the difference between these two ways of looking at the question?
 - b. If there is a purpose and importance in the Sabbath beyond taking a day off because of our biological and emotional limitations, what is that purpose?
4. Is remembering the sabbath the same thing as taking a day off from work? If not, what is the difference?
 - a. The command is to “Remember the sabbath day, to keep it holy.” What does it mean to keep the Sabbath holy? Practically, what does it mean for you?
 - b. God calls us to set apart the sabbath as “a sabbath to the Lord your God.” What does it mean to set aside the day as a Sabbath to God?
 - c. Practically, what is God calling you to do in your own life to make the Sabbath a “day set apart to the Lord?” Are there things God is calling you to take out of your life on Sunday to help you rest unto God?
 - d. What activities should you consider adding to your Sunday to make it more a day that is set apart to the Lord? What changes are you willing to commit to?
5. In his message Pastor Mike said that the focus of our activity and time on Sundays reveal what we believe to be our soul's deepest need.
 - a. Do you agree that this is true? Is it always true, or are there exceptions?
 - b. If it is true, what does the focus of the way you spend your Sundays reveal about what you believe to be your soul's deepest need? What are you trying to find rest in?