



BIG IDEA

“This commandment ultimately isn’t about what we can or can’t do on this day of rest. It’s about who we’ve set this day aside to be with as we rest. God tells us to work hard for him for six days and that one day is to be set aside for the most important work of all: extended time spent with him spent worshiping him. And when we fill our calendars with as much stuff as we can we end up missing the greatest pleasure of all which is fellowship with the living God.”

THOUGHTS FROM THE SERMON

1. What did we learn about taking a sabbath? How well have you kept this commandment?
2. What are the three parts of this commandment? How can knowing these help us better obey this commandment?

Read: Exodus 20:8-11

3. What is the biblical definition of remembering? What does remembering the sabbath mean?
4. Why is working hard vital to fulfilling this commandment? No matter our occupation, how are we to be working for the Lord?
5. Why do we struggle to rest? What does it really mean to rest in the Lord?
6. How does remembering the sabbath and resting demonstrate to the world that we belong to God?
7. What is the definition of holy? Why are we called to be set apart?
8. Why did God rest on the seventh day? How does satisfaction in life play into our struggle to rest?
9. How does looking for a loophole in this commandment cause you to miss the whole point?

Read: Deuteronomy 5:15, John 4:34b, Matthew 11:29b

10. Talk about the things Jesus is offering you rest from. How will receiving this rest change your life?

NOTES

PERSONAL REFLECTION AND APPLICATION

1. What has God shown you as you studied his word this week?
2. Why is this commandment in God's top ten?
3. What steps are you going to take this week to obey this commandment?
4. How can you work for the Lord this week no matter your occupation?
5. How will you personally apply what you learned from the sermon to your life?

DEEPER

Pray: That we would observe a sabbath and rest in the Lord.

Read: Exodus 20:8-11, Deuteronomy 5:15, John 4:34b, Matthew 11:29b. Take time to reflect on these passages and write down your thoughts. Visit gatewayepc.org/news to read and review the sermon manuscript.

Write: Take time to write down your thoughts and insights from the sermon this week. Keeping a journal is just one more tool that you can use to track what God is showing you in your walk with him.

Sing: Listen to the worship songs from Sunday throughout the week. Look up the lyrics to each song and spend some time reading them as well.

Memorize: As a Life Group, pick a few verses from the sermon and memorize them this week. (Exodus 20:8-11, Deuteronomy 5:15, John 4:34b, Matthew 11:29b)

Love: Share this message of hope with someone you love.