

The 10 Commandments: How Life Works

Exodus 20:8-11 Remember the Sabbath (4th commandment)

Ice Breaker Question:

What is your typical Sunday routine growing up? What (if anything) set that day apart from the other days of the week?

Going Deeper from Sunday

Sermon Synopsis

The fourth commandment tells us to remember the Sabbath and keep it holy. The twin enemies of a proper observance of the Sabbath are busyness and legalism. Rather, God has given us the Sabbath as a gift to refresh us and help us identify with and draw near to Him.

Share any reflections and/or questions that may have arisen from the sermon on Sunday?

Going Deeper

Spend some time discussing the current pace of life in our society? Do you feel it has been changing? If so, in what way?

In what ways do you think our culture and society work against having a Sabbath?

Read Luke 14:1-6

What seems to be at issue here in this passage?

What is the argument Jesus is making?

In Mark 2:27 Jesus said: *"The Sabbath was made for man, not man for the Sabbath."*
How does this statement shed light on Luke 14?

In what ways can we be tempted to make the Sabbath a chore and not a gift?

What stops us from being able to set apart time in our lives for rest and focus on God?

What are some practical things that you have tried or heard of others trying to set apart time in your life for Sabbath?

Are there some steps your group can agree to take in the next month to put into practice the principle of Sabbath? Consider some of the activities in your life that crowd out solitude, times of quiet, opportunities for reflection, family time, or worship. What steps might you take to 'cease' from some of these things in order to better enjoy God's rest? The point here is not to lay down laws for each other but to encourage each other to think more carefully about the use of our time and to change harmful patterns into healthy ones.

(Note, some questions are taken from Rob Suggs IV guide: The 10 Commandments)