

Sermon Series:

Ten Commandments: Broken Yet Fulfilled

Bible Passage:

Exodus 20:8-11

Discussion Questions

1. Do you need more rest? Why do you think most people feel exhausted?
2. What does God's command to rest tell you about His character? What does the command tell you about His love for you?
3. There is a "work-rest rhythm" in creation. God sets the standard by creating 6 days and resting on the 7th day. What happens when we disrupt or ignore this rhythm? Share examples from your life and from culture.
4. Read Deuteronomy 5:4 and Hebrews 4:9. The sabbath demonstrates God's work of redemption. How does the truth of Deuteronomy 5:4 point to the greater rescue and greater Sabbath in Christ?
5. Imagine that you begin taking a full Sabbath rest this week. How might your life be different? What keeps you from taking a Sabbath?
6. Why do you need a Sabbath?