



Discussion Questions Jesus & The Ten Commandments Week 4: Remember the Sabbath

1. What is your experience with people observing the Sabbath?
2. ⁸*Remember the Sabbath day by keeping it holy.*
What do you think this word means by "holy?" What do you think God looks for His people on a Sabbath day?
3. ⁹ *Six days you shall labor and do all your work,* ¹⁰ *but the seventh day is a sabbath to the Lord your God.*
Are you tempted to make work or rest/relaxation an idol?
4. Pastor Dave talked about Sabbath (ing) *to the Lord your God*, being, in part, about trusting him.
Read **Matthew 6:25-34**.
How does the 4th commandment help us trust the Lord and not worry about our lives?
5. We also discussed Sabbath as a chance to step away from other possible Lords. Phones, hobbies, habits.... How does/might this practice keep God as God in your life?
6. *On it, you shall not do any work,*
The Jews in Jesus' day had gotten very legalistic about what was and wasn't work. How is this missing the point of the Sabbath?
How does what Jesus say in **Mark 2:27** apply to this?

7. *neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.*

How does our ability (or inability) to turn work off impact other people in our lives?
Do you have any (positive or negative) examples of this?

8. ¹¹ *For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day.*

What did God's rest on the 7th day involve, and how does that shape our understanding of what a Sabbath is all about?

9. *Therefore the Lord blessed the Sabbath day and made it holy.*

Pastor Dave challenged us this week to not have a Sabbath rhythm without a Sabbath Lord.

Read **Matthew 11:28-30**

Why is connecting with and relying on Jesus at the center of our Sabbath so critical?

10. What does/could a Sabbath rhythm look like in your life?