

# Remember the Sabbath

Just like the Israelites, there are lowercase-g gods all around us, influencing our priorities, our morality, even our eternity. When God gave Moses the Ten Commandments, He wasn't just handing down a list of do's and don'ts, He was providing a plan to battle the lowercase-g gods in our lives.



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## INTRODUCTION

This week we look at the fourth commandment—remember the Sabbath and keep it holy. Through this message, we discover the Sabbath is the anchor point for the 10 Commandments. When we follow it correctly, it's not a guilt-driven rule to keep but a life-giving gift to practice.

## STARTER QUESTION

1. When kind of memories or thoughts come to your mind when you think about the word Sabbath? Did you grow up in a family that regularly practiced and talked about the Sabbath, or is it something new to you?

## INTO THE WORD

2. Read Exodus 20: 8-11 together. What sticks out to you in these verses? This commandment gets a more detailed description than many of the others—why do you think that is?
3. This commandment is the only one that calls for "remembering." Why do you think this is important? What exactly are we called to remember? And how do we keep the Sabbath holy?
4. The Sabbath is a call for Christians to build their lives around the rhythm of God's work in creation—which includes an essential aspect: REST. What other Bible verses come to mind that deal with rest?

## APPLICATION

5. How would you describe the rhythm of your life? Is it chaotic and hurried, well balanced or somewhere in between?
6. Read Psalm 23 together. What can we learn from this passage about resting in God's presence? What are the biggest challenges that keep you from living in this kind of Sabbath rhythm and rest?
7. Theologian Walter Brueggemann says, "Sabbath is not simply the pause that refreshes. It is the pause that transforms." Think about what your life would look like if you practiced purposeful rest and worship and, if you feel comfortable, describe it to the group.

## PRAYER

Father, we give you thanks for the gift of rest and the example of the Sabbath. May we be people who, in humility and joy, come to you empty-handed and pause, remembering your sacrifice, love and promises. And help us experience your true rest as a rhythm of our lives more fully.