

## REMEMBER THE SABBATH



**Exodus 20:8-11, ESV** – <sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

### Notes:

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- 2.
- 3.
- 4.

# SERMON-BASED STUDY

For the week of November 8, 2020

Exodus 20:8-11

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

## ENGAGE WITH THE MESSAGE

- 1 Why were the instructions for this command "remember" instead of "you shall"?
- 2 This week we were reminded that sabbath means to stop or cease. Why does God want His people to stop and cease? What are we to stop and cease from?
- 3 We were also reminded that Sabbath is a "get to," not a "got to." Why do people fall into the trap of thinking that it is a "got to"?

## DIGGING DEEPER

- A** *Leviticus 19:1-4, ESV* – And the LORD spoke to Moses, saying, <sup>2</sup> "Speak to all the congregation of the people of Israel and say to them, You shall be holy, for I the LORD your God am holy. <sup>3</sup> Every one of you shall revere his mother and his father, and you shall keep my Sabbaths: I am the LORD your God. <sup>4</sup> Do not turn to idols or make for yourselves any gods of cast metal: I am the LORD your God.
- 4 Looking at the passage above, what is significant about God's instruction that "you shall be holy, for I the LORD your God am holy"?
  - 5 What kind of message are we sending God if we do not keep the Sabbath?

**B** *Mark 2:27-28, ESV – <sup>27</sup> And he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is lord even of the Sabbath.”*

*Colossians 2:16-17, ESV – <sup>16</sup> Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. <sup>17</sup> These are a shadow of the things to come, but the substance belongs to Christ.*

**6** If the Sabbath was made for man, what are some basic parameters we should follow in keeping the Sabbath?

**7** Why does Paul give a warning about judging each other when it comes to activities of remembrance, like the Sabbath? Does Sabbath have to look the same for everyone?

**C** *Matthew 11:28-30, ESV – <sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”*

*Hebrews 4:9-10, ESV – <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God’s rest has also rested from his works as God did from his.*

**8** Looking at the passages above, we see that the Sabbath is not just about physical rest, it is also about spiritual rest. Why do we need spiritual rest, too? What are some practices that believers should use for spiritual rest?

**9** Looking at the passages above, what is meant by “come to me” and “whoever has entered God’s rest”? Why is this significant when dealing with the Sabbath?

## TAKING IT HOME

This week we were reminded of the importance of keeping the Sabbath. It is a time to rest, both physically and spiritually, but it is also a time to remember what God has done for us. How do you follow this command? If not, what needs to change in your life for you to begin to honor God in this manner? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to honor God by keeping the Sabbath.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Genesis 2:2-3

Exodus 16

Leviticus 19:30; 23:12; 26:2; 34:21; 35:2

Deuteronomy 5:12-15

Ezekiel 20:12

Romans 14:5