

**"God's Day of Rest!"  
(Exodus 20:8-11)**

Who doesn't enjoy a day off! In the fourth commandment, Israel's gracious God declares that they must have a weekly day of rest from their labors. A biblical study of the Sabbath theme helps us to see the reasons for this command, and the application it has for us today.

**I. The Law of the Sabbath**

- **What? (v.8)**  
*"Remember the sabbath day, to keep it holy."*
- **How? (v.9-10)**  
*"Six days shalt thou labour...but the seventh day is the sabbath..."*  
(Exodus 35:3; Numbers 15:32-36; Jeremiah 17:19-27; Nehemiah 13:15-22; 2 Thessalonians 3:10)
- **Why? (v.11)**  
*"For in six days the LORD made heaven and earth...rested the seventh day..."*  
(Genesis 2:1-3; Exodus 23:12; 31:13; Deuteronomy 5:15)

**II. The Lord of the Sabbath**

- **Matthew 12:1-14**
- **John 5:1-18; 7:21-24**

**III. The Lessons of the Sabbath**

- **Only a Shadow**  
(Colossians 2:16-17; Galatians 4:10-11; Romans 14:5-6)
- **Our Special Day**  
(Acts 20:7; 1 Corinthians 16:2; Revelation 1:10)
- **Resting in the Work of Jesus**  
(Hebrews 3:18-4:13, especially 4:10-11)

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**Small Group Discussion Guide**

**Icebreaker:** What are some things you enjoy doing on a day off?

1. Share something from Sunday's message that especially challenged you.
2. Why do people sometimes find it difficult to really take a day off from their work? Why was this commandment so important to God?
3. How did the Pharisees misunderstand the Sabbath law? How does Jesus call in Matthew 11:28-30 give hope?
4. Take another look at Matthew 12:1-14. What are some important lessons we should take away from this passage?
5. Why is the Lord's Day different than the Old Testament Sabbath? Although we are not under the Precept (Law) of the Sabbath, what are some things we can do to obey and enjoy the Principle of the Sabbath?

**Digging Deeper**

1. Take a closer look at the verses referenced in part 3 of the Sermon notes, "Lessons of the Sabbath." Ask God to show you how you can better honor Him on the Lord's Day each week.
2. Read Exodus 20:1-11 several times, and make sure you have the first four commandments memorized. Jot down a concise explanation for each of these commandments.

**For Next Week:** Why is Exodus 20:12 such a foundational commandment? What are some ways that we violate this command? Search the book of Proverbs to find additional words of wisdom in 1:8; 6:20; 10:1; 15:20; 19:26; 23:22, 24-25; 28:24; 29:15; 30:11, 17; and 31:28-29. Try to summarize the main point of these verses.