

WEEK FOUR

THE FOURTH COMMANDMENT

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 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. Therefore the Lord blessed the Sabbath day and made it holy.” **Exodus 20:8-11**

MAN ON THE STREET QUESTION

What do you do on your day off? How do you wish you could spend your day off?

SUMMARY

Work is a privilege. So is rest. In fact, our Heavenly Father - who did not need a break - took one to set an example for us. The message is clear: God gives us a chance to cease striving to restore our soul and realign our life. The command to “remember the Sabbath and keep it holy” - is a command to open a wonderful gift that is sent from heaven every week.

SMALL GROUP QUESTIONS

1. Do you think that taking a Sabbath is valuable? Why or why not?
2. Have you experienced a time when you were unable to rest? What kept you from resting?
3. What are some practices that are particularly restful for you? How do you experience God in those times of rest?