

LG | Group

[Exodus 20:8-11]

WARM-UP (10 mins)

It is likely that everyone present had a very busy day, maybe even a trying day. Let's take a moment to still our minds and go the Lord in prayer.

- What does a day of "rest" look like for you and your family? How often do days like this occur?

ILLUMINATE (40 mins)

Open your Bibles to the primary text.

1. Read Exodus 20:8-11. This text refers to the creation account in Genesis. What two things did God do "to" the seventh day?
2. What does it mean that God blessed the seventh day and made it holy?
3. How does the Sabbath help us find joy in the Lord?
4. Does the Bible ever say that the seventh day ended? Why is this important?
5. How is Jesus involved in this idea of rest?
6. Given what we have learned about this commandment, do you think the Bible prescribes that we still maintain the practice of a Sabbath? Why or why not?
7. How do the first four "vertical" commandments (our relationship to God) instruct/affect the last six "horizontal" commandments (our relationship to others)?

PRAY

Use this time to pray specifically. Pray for the needs of others; locally and abroad.