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## MESSAGE APPLICATION Guide

*Please feel free to pick and choose questions that relate best to you and your Life Group.*

### Family Values Week 4 – Honor the Sabbath

**Ice-Breaker** – Why do people feel guilty when they relax?

Do you think that regular time off from work is good for you, your health, your marriage, your family? How does your work control you? How do you control your work?

What are some of the benefits of obeying commandment #4?

Was there a main idea that stood out to you in this week's message?

**READ: Psalm 23:1-2**

Has God ever made you lie down and rest because you wouldn't do it on your own?

**READ: Exodus 20:8-11**

Pastor Steve gave three key objectives for Sabbath keeping. How many can you name? What is the advantage of each?

What does it mean to keep the Sabbath day – or anything else – holy?

What makes it so difficult for people to keep this commandment?

What are some practical ways to honor the Sabbath and make it distinct from other days of the week? Can the Sabbath be on another day of the week, other than Sunday?

How can you restate this commandment positively, as a freedom?

In Mark 2:27, Jesus said, "the Sabbath was made for man". What does this mean? What difference does it make?

**God said, "Remember the Sabbath day by keeping it holy." - Exodus 20:8**

**Jesus said, "The Sabbath was made for man, not man for the Sabbath. – Mark 2:27**

**Closing thought:** Do you consistently honor the Sabbath?