

Living Wisely and Well
Practicing Sabbath Rest
Exodus 20:8-11

We Are Not Slaves to The Law

1. The Jewish law contained **613** laws
2. Jesus came to **fulfill** the law, not **abolish** it
3. The Law was meant to show us how **depraved** mankind is, and how **Holy** God is
4. You don't **have** to rest, you're **invited** to rest

4 Reasons You Should Honor the Sabbath

1. It's a **free** gift
2. You're family needs a **break**
3. It will help you move God out of the **friend-zone**
4. God wants to **teach** you something

LifeGroup Questions: Applying the Teaching to Our Life

1. Have you ever had a full day of Sabbath rest where you did no work and just rested?
2. If not, does this sound like something you would want? If you have, share with the group your Sabbath experience
3. Which of the 4 reasons mentioned for honoring the Sabbath resonated with you the best? Why?
4. If you had to take one thing or activity off of your plate today to make room for a true, weekly Sabbath rest, what would it be?