

REST IN PEACE

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; see also Exodus 31:14-16; Numbers 15:32-36; Deuteronomy 5:12-15

Sabbath Benefits:

Exodus 16:29; Mark 2:27

1) _____

Exodus 31:17

2) _____

Genesis 1:31

3) _____

Exodus 20:10

4) _____

Deuteronomy 5:14-15

5) _____

Matthew 12:1-12

Is Sabbath observance optional?

Romans 14:5, 22

6) _____

Hebrews 4:4-10; Colossians 2:16-17

TRANSFORMED BY THE TRUTH

Questions for Reflection & Discussion

1. Before Sunday's message, would you have said that it is essential or optional for Christians to observe a Sabbath day? Why? If essential, would you have said that it should be Saturday or Sunday? Why?
2. Read Exodus 20:8-11, Exodus 31:14-16 and Numbers 15:32-36. How do these passages help you to understand the conflict between Jesus and the religious leaders concerning the Sabbath?
3. Read Matthew 12:1-12, Romans 14:5, Hebrews 4:4-10 and Colossians 2:16-17. How do these passages affect the way you think about the Sabbath?
4. Do you think of the Sabbath more as a day not to do certain things or as a day to do things certain things? How can you think of it more positively and less negatively?
5. How do you think you should apply Sunday's message to your life? What new truths did you learn? In what ways were you encouraged or convicted? What is your next step?