

May 22, 2022

Count to Ten

Important Info

Study Help

Along the way, you might consider these beneficial additional resources.

The first resource is Jen Wilkin's book "*Ten Words to Live By*." Copies of this book can be purchased before or after Sunday services at Connection Central.

The second resource is a free online commentary that can be found at <https://bit.ly/3slhfjx>



Friendly Reminder

Don't let your familiarity with the Ten Commandments prevent you from thinking deeply about what they mean in the life of the Church, and in your life specifically.

Important Dates

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| June 1-July 27 | Summer Reading Club |
| June 13-17 | Kids Virtual VBS |
| June 20-24 | Generate Summer Camp |
| June 27-July 1 | Connect Camp |

Additional information for these events and more can be found online at LegacyChurch.org

Scripture Memory (optional)

Remember the Sabbath day by keeping it holy. - Exodus 20:8 (NIV)

May 22, 2022

Count to Ten *Group Discussion | Exodus 20:8-11*

Opening

What is your perception of the Sabbath? (This can be biblical, historical, contextual; whatever your experience and understanding is, answer based on that.) What does it mean to keep the Sabbath holy?

Have you ever kept (or maintained) the Sabbath? If so, what does it look like in your life and home?

What misunderstandings did you (or do you) have about the Sabbath? Are Christians supposed to Sabbath? Why or why not?

Bible Study

The Moody Bible Commentary states "*The pattern of six days of work and one of rest was meant for all mankind and the Sabbath also had special significance for the nation of slaves, who could seldom rest, delivered from bondage in Egypt.*" Why is it important to remember that the fourth commandment was given only 50 days after God liberated Israel from Egypt? What significance is there for former slaves to be commanded to rest? How might this commandment impact the way Israel viewed God? (Jen Wilkin highlights that "*in the command to cease, God distinguishes himself from the pagan deities of Israel's past and future neighbors.*")

In *Ten Words to Live By*, the fourth commandment is explained by highlighting that this is not just an individual commandment, but it impacts the whole community. When Sabbath is practiced, not only does an individual rest from his or her work, but they should also rest in such a way that does not require others to work either. How might this concept be lived out for the Israelites? As a Christian, if we are seeking to rest from work, how might we be causing additional labor for someone else while we attempt to Sabbath? Why is that counterproductive? (Again, Jen Wilkin states "*My Sabbath rest should not create or entail labor for others in the family of God, and should be mindful of requiring work for those outside it.*")

Sabbath is not a self-care practice but a worshipful act of obedience. In what ways can (or should) Sabbath be about worshipping God? What does it mean to worship God by ceasing work? Are you more prone to work rather than worship God? How might you begin to correct the order in which you rest, worship, and work? How will you seek to make your Sabbath holy?

What else stands out about Sabbath and worship to you? Let's discuss this now.

Closing

Sabbath comes from the Hebrew word "shabbat" which means to cease, rest, or to stop. As we have talked about, this is to cease from our work to rest in God and to trust Him. It is about worship, not just resting. As a group, let's begin to plan how in the next week, we will set aside one day to rest in Christ. What will you do and not do? How will you worship and rejoice?