Series: 10 Commandments
Title: "Receiving the Rest God Offers Us": The 4th Commandment
Text: Exodus 20:9-11 (and various)

Breaking the Ice:

What is your favorite thing to do on Sundays?

Discussion/Study:

1. Read Hebrews 4:8-11 – The book of Hebrews tells us that the weekly Sabbath day pointed to the eternal rest of salvation in the new heavens and earth that Christ has earned for His people, a rest that God's people only enjoy by faith. How is the weekly practice of the Lord's Day a confession that we can't earn this rest/salvation for ourselves, and that we are relying on what Christ has earned for us? Why is this idea of "rest from our earning" so important?

2. Read Exodus 20: 7 – The ability for Christians to enjoy the rest God offers them is ultimately rooted in their ability to trust in and worship God Himself. How does our worship of God fuel and enable the way that we practically rest in God from week to week?

3. Read Hebrews 10:25 - Despite Jesus' transformation of the Sabbath to the Lord's Day, there remains a call for God's people to meet weekly for worship and fellowship. Why does this matter and is it a priority in your own life?

4. Read Isaiah 58:13 – Isaiah corrects the Israelites for viewing the Sabbath as an interruption to their weekly work of earning to be tolerated rather than as a gift to be enjoyed. Has the Lord's Day ever felt like an interruption rather a gift to be enjoyed? How and why?

5. Colossians 2:16-17 and Romans 14:5-6 – Jesus transforms the Sabbath; however, Christians have often disagreed on how and to what extent. As we see from Paul's letters, these disagreements are as old as the church itself. How does Paul tell us to respond to those who might have a different understanding or practice of the Sabbath/Lord's Day than us?

6. What does your weekly practice of the Lord's Day look like? How is it different from the way that you approach every other day of the week? Is there anything you think the Lord is convicting you to do differently?