The Ten Commandments Pastor Andrew Hendley Commandment 4, Pt. 1 King’s Chapel

Exodus 20:8-11 November 11, 2018

**Commandment 4, Pt. 1**

*Sermon Notes*

Question 1: What is the Sabbath?

Question 2: Why has God given the Sabbath?

Question 3: What does the Sabbath command mean for Christians?

Question 4: How we do practically set the Sabbath apart?



The Worship of God

November 11th, 2018



**Community Group Discussion Guide – Exodus 20:8-11**

**Look Back**

What were Sundays like in your family when you were a kid?

**Look at the Book**

Read Ex. 20:8-11; Genesis 2:2-3; Deut. 5:12-15

What stood out to you? What did you find interesting and/or important? What was challenging or caused you to have questions?

Based on the above texts, what is a Sabbath Day?

In what way do we have freedom in regards to keeping the Sabbath? (See Rom. 14:5-6, Gal. 4:8-10, Col. 2:16-17 for help)

What are resting activities to which we are to give ourselves on the Sabbath?

**Look to Him**

What does it mean in Genesis 2:2-3 says that God rested on the 7th day of creation? How can this teach us about the nature of rest?

What does it say about the character of God that he takes his gift of a Sabbath day so seriously?

**Look at our Lives**

How have you viewed the Sabbath in the past (as a gift, burden, delight?)? And how has that view of the Sabbath directed what you do for a Sabbath?

How are you feeling convicted by the Holy Spirit to act as a result of this study?

**Look Forward**

Brainstorm: What are some changes to your Sabbath rhythms you would want to make in order for it to be more restful and worshipful?