

Christian Living: Practising Sabbath Rest

Exodus 20:8-11

Discussion Questions

The Essentials

- 1) What do the words 'Sabbath' and 'holy' mean? What does it mean to keep the Sabbath holy?
- 2) Read Ecclesiastes 3:1. What different types of seasons and patterns do we see in the natural world? Do you agree that this also applies to the pattern of work and rest?
- 3) Read Leviticus 23:3 and Exodus 16:26-29. What are at least two purposes of the Sabbath? Can you think of anymore?
- 4) Read Mark 2:27-28. What does Jesus mean when He says that the Sabbath was given to man?
- 5) Why do you think it is so hard for many Christians to keep the Sabbath holy? Is this something that you practise? Why? Why not?

Going Deeper

- 6) Read Hebrews 4:9-10. What is the Sabbath rest that the author of Hebrews is talking about?
- 7) Discuss this quote from John Piper: "God is most glorified in us when we are most satisfied in Him." What does this mean? How might we apply this to practising Sabbath rest?
- 8) Discuss some of the obstacles to practising Sabbath rest and how these might be overcome. Do you feel convicted to take seriously the command to keep the Sabbath holy?

Prayer point: Please pray for this whole sermon series on Christian living, that we will all have a better understanding of how we should live as Christians in a world that doesn't know Christ.