

Life Group Homework

EXODUS 20:8-11

Let's Get Started:

Today, kids and adults alike come to church “just as they are.” We see everything from suits and ties to board-shorts and sandals. Things have changed over the years, haven't they? What was the Sunday church culture like when you were growing up? Was Sunday a day of rest? What were the dress expectations? Did you like it better then—or now?

Let's Dig In:

Look up the scriptures below and fill in the blanks (ESV translation):

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God _____ the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 20:11

For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD _____ the Sabbath day and made it holy.

When God blesses a man, the man becomes rich with blessings. When He blesses a land, the land becomes rich with blessings. So when He blesses a day, that day becomes rich with blessings. God blessed a day of rest for His chosen people, the children of Israel. What were some of the rich blessings to be found in that original Sabbath day?

What are some of the rich blessings that could be found in observing a Sabbath rest today?

Genesis 2:2 says that God “rested” on the seventh day. Why? Was He exhausted?

Study **Exodus 16:11-30**.

Was the story of God providing manna before or after the Lord gave Moses the Ten Commandments?

What was the point of Moses commanding the people to store up two days’ worth of food on the sixth day, and what important lesson was the Lord showing His people through their obedience to His command?

Look up the scripture below and fill in the blank (ESV translation):

Exodus 20:8 _____ *the Sabbath day, to keep it holy.*

Pertaining to the Sabbath rest, name some of the things you think the Lord wants us to remember.

Pertaining to the Sabbath rest, what does it mean that God commands that we keep this time holy?

Study **Exodus 31:12-13**.

According to the passage, what was the significance of the Sabbath for God’s people?

If **Exodus 31:12-13** says that the Sabbath day of rest is sign of who the people of God were, and if New Testament believers are the people of God today, why don’t we keep the seventh day Sabbath today?

Read **Hebrews 4:9**.

In the Old Testament, a person entered “God’s rest” with strict observance of the Sabbath, not deviating from the guidelines God laid out. How does a person enter into “God’s rest” today?

Read **Matthew 12:8**, **Mark 2:28**, and **Luke 6:5**.

What is the common denominator you see in these three passages?

Note: Over the years, the Jewish religious leaders had created a complex and confusing system of Sabbath laws and prohibitions, which included 39 categories of unlawful, forbidden activities and boundaries such as how many miles a person was allowed to walk on the Sabbath. They had made themselves “Lords of the Sabbath.” They were tyrants who set themselves up as the “Sabbath police.” Mercy and grace were not their strong suits. They put the people of God in a position of having to **work** for their righteousness.

But in Jesus, the true Lord of the Sabbath had come, and through His death and resurrection He fulfilled the law of Sabbath. Today He calls us enter into His Sabbath rest of salvation by faith in Christ. We are given the amazing gift of resting from performance and works-based religion by trusting that His grace is sufficient for us. This is the significance of the Sabbath for God’s people today.

Let’s Live It Out:

We have learned much about Sabbath rest through the sermon and this Life Group lesson. Let’s close this week’s gathering with a group discussion using the following questions:

Other than going to church on the weekend, do you think a Sabbath rest is relevant to our American church culture today? Why or why not?

Have you personally found a way to participate in some kind of intentional Sabbath rest during the week? If so, tell us about that. How do you do it and what are the benefits you have experienced.