

5.5.13

Replenish Yourself (Exodus 20:8-11)

- I. The Commandment.
- II. The Development.
- III. The Application.

Discussion Questions

1. What are some ways that you purposely try to enjoy physical and spiritual rest?
2. What are some of the key principles of the Sabbath in Exodus 20:8-11? Why was it supposed to be important to the Israelites? What do you think a Sabbath Day would have looked like for them?
3. How do Matthew 11:28 and Hebrews 4:1-4 apply to followers of Jesus? If we are not bound to observe the Sabbath exactly as Israel did, what are the similarities and differences between how the Sabbath is to be observed in light of these passages?
4. How well do you think you live in light of the promised rest that is available to followers of Jesus? Why?
5. How can you better live out this promised rest without making it a to-do list?