

Ten Commandments: SABBATH

ICE BREAKER

- What do you like to do most in your leisure time?

Exodus 20:8-11

- [zakhor] Remember; Don't forget!
- [shamor] Keep: guard, protect something held in trust, celebratory
 - What are your main reasons for not practicing the Sabbath? Are there any areas where you need to re-prioritize the things on your plate?

Gen. 2:2-3

A. "By the seventh day God had finished the WORK..." (v. 2).

[Melakhah] – "occupation, job, assignment"

- HOME 2:15 "The LORD God...put him (Adam) in the Garden of Eden."
- PURPOSE v. 15 "to work it and care for it..."
- PROVISION v. 16 "You are free to eat from any tree in the garden..."
- PARAMETERS v. 17 "...but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."
- RELATIONSHIPS v. 18 "It is not good for the man to be alone. I will make a helper suitable for him."

B. "So on the seventh day He RESTED from all His work..." (Gen 2:2).

[Shabbat] – "to cease and desist; stop working"

Ezekiel 20:12-13; Matthew 11:28

Sabbath is not a commandment we are bound to; it's a promise and gift we're invited to enjoy.

C. v. 15 “The LORD God...PUT him in in the Garden of Eden.”

[Nuwach] “rest, take joy, delight, to dwell with”

Matthew 22:37-40

DELIGHT IN GOD

- What are things in life that stir your affections for Jesus and should be a regular staple in your Sabbath rhythm?

DELIGHT IN PEOPLE

- What are ways you can practice the Sabbath in community?

APPLICATION

- Do I need to surrender my life to Jesus Christ and have my sins forgiven?
- What is one takeaway from today’s message (or this series)?
- SCC is Reading the Bible through 2023. There’s still time to start. Sign up at my.Bible.com/readingplans