

## Exodus 20:8-11 (NIV)

*8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

## Sabbath: God’s Resting Place

### OPEN

- What do you think of when you hear the word “sabbath?”
- Background: Moses is receiving the ten commandments in this passage. Skim Exodus 20:1-21, noting the context.
- Read Exodus 20:8-11 together.

### STUDY

- What exactly are God’s people commanded to do in this passage?
- What reasons are given for this command? *See also Genesis 2:1-3.*
- Define the word “holy”. How would the Israelites refraining from work on a Sabbath day help to keep it “holy”?
- Define the word “blessed”. How would resting on the sabbath as a whole community be a blessing to the Israelites? to their animals, the foreigners in their midst, and the people groups living around them?
- What might practicing this Sabbath rest teach the Israelites about God?
- What has been your experience, if any, with seeking to “remember the Sabbath day” in your own life/family/church?
- What can make it a difficult practice in our time & culture? What could be specific benefits of it in our day?
- What is one step you can take this week/ month/year, personally and as a small group, to “remember the Sabbath day”?

### PRAY

- Spend time in prayer dreaming about how our church could be a Sabbath blessing to our own community and to those around us!