**Remember the Sabbath**

**The Word**

Read together Exodus 20:8-11 and Deuteronomy 5:12-15

**The Big Idea**

God gave his people the Sabbath as a day to stop working, rest, and enjoy him as their Creator and Savior. While Sabbath is not required of us in the same way as it was of Israel in the old covenant, it remains as God’s gracious gift to us intended to refresh us and cultivate our relationship with him.

**Questions for Discussion**

1. What is one new perspective you gained regarding the Sabbath from Sunday’s message?

2. What experience do you have in your own life of intentionally observing the Sabbath (this could be on Sundays or Saturdays or whenever you’ve tried to observe Sabbath)?

3. Consider some of the cultural barriers to Sabbath mentioned on Sunday (for example, finding our identity in work and achievement, fear of missing out, going to entertainment and escape rather than true rest and refreshment, not having a concrete plan in place for how to observe a Sabbath, etc.). What would you identify as the main barrier keeping you from a more consistent and life-giving experience of the Sabbath?

4. What main questions do you still have about the Sabbath (whether theological questions or more practical questions)?