

# X: the ten

Remember the Sabbath. Keep It Holy. Sermon Study Guide 11/6/16 *JheStory Houston*

## Guiding Questions for Chapter Groups, Family or Solo Study:

As we continue talking about the Ten Commandments, we're also trying to memorize them. Try completing this by memory:

### **Tablet 1: Relationship with \_\_\_\_\_.**

- You shall have no \_\_\_\_\_.
- You shall not make or worship \_\_\_\_\_.
- You shall not misuse \_\_\_\_\_.
- Remember the \_\_\_\_\_.

### **Tablet 2: Relationships with \_\_\_\_\_.**

- Honor your \_\_\_\_\_.
- You shall not \_\_\_\_\_.

Today we're taking a closer look at the 4th Commandment, through which God instructs people to "Remember the sabbath and keep it holy." **What did this commandment mean in context?**

**What does "Sabbath" mean? Where did the idea of seventh-day rest come from?** (Genesis 1, Exodus 16 ----->)

What's some of the scientific/empirical evidence that we've discovered about the biological benefits of Sabbath rest?

## Scripture and Quotes:

**Exodus 16:4-5, 21-30** Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.

On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days." Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. On the sixth day, they gathered twice as much...Moses said to them, "This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" So they saved it until morning, and it did not stink or get maggots in it. "Eat it today," he said, "because today is the sabbath." You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, there will not be any."

Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, "How long will you refuse to keep my instructions? Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh; no one is to go out." So the people rested on the sabbath.

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We know that, by the time Jesus walked the earth, Sabbath had become a religious test, instead of a day of rest. Why do you think religious people often take good gifts from God (like rest) and turn them into pious litmus tests?

What was Jesus' response to this kind of hyper-religious nonsense?  
(Mark 2)

What does it mean that "man wasn't made for the Sabbath, but the Sabbath was made for man?"

Today, Sabbath means  
\_\_\_\_\_ against  
\_\_\_\_\_.

What are the five characteristics that define true Sabbath? How does each one relate to your own unique existence?

Would you say you're prone to workaholism? Do you feel the constant pressure to produce? Where does that pressure come from?

How can you be more intentional, consistent, and shameless about rest, play, and worship? Be as specific as possible?

**Exodus 20:8-11** Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

**Mark 2:23-28** One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and at the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." Then he said to them, "The sabbath was made for human beings, and not human beings for the sabbath; so the Son of Man is lord even of the sabbath."

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