

## Discussion Guide | The Ten Commandments | Remember the Sabbath | Exodus 20:8-11

### Gathering Question:

What is one way you've experienced God in your life this week?

### Gathering Prayer

Father, by Your Spirit, would You guide us into all truth. Help us to hear and be attentive to Your voice as we work through this study. In the name of Jesus, Your Son, we pray, Amen.

### Read Exodus 20:1-17

#### Exodus 20:8-11 | The Longest Commandment

- The fourth commandment is the longest of the ten, taking up almost a third of all the words. And yet it is the one most treated as optional. Why do you think that is? What does that say about us?
- The word "sabbath" literally means stop. What does it do to you to hear the commandment framed simply as: stop? Does that feel like a gift or a threat?
- The commandment is light on details about what exactly to do, but long on who it is for: seven specific groups, including servants and foreigners. What does it tell us about God that he insists the sabbath is for everyone, not just the privileged?

#### The Two Ditches

- The sermon described two ditches: work as an ultimate thing ("burnout" culture) and rest as an ultimate thing ("quiet quitting" culture). Which ditch are you more naturally pulled toward? What does that reveal about your disordered desires?
- Augustine taught that sin is not just doing bad things, it is taking good things and making them ultimate things. Can you think of a time when work or rest became an ultimate thing in your own life? What did that cost you?
- The sabbath pushes back against both ditches at once. How does that reframe what the sabbath is actually for?

#### Forgetting the Sabbath

- The commandment says remember the Sabbath, which implies the danger is forgetting, not outright rejection. CS Lewis wrote that the safest road to hell is the gradual one. Where do you see that gradual drift happening in your own life around the sabbath?
- The sermon pointed to historical attempts to abolish the sabbath as evidence that it is contested ground. Do you feel the resistance to sabbath in your own life as personal failure, cultural pressure, or something more? How does naming it as spiritual opposition change how you respond?
- Voltaire argued that if you want to kill Christianity, you must abolish Sunday. We've made Sunday optional even among Christians. What have we lost by doing that?

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### **Come and Rest**

- Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you... and you will find rest for your souls.” What is the difference between the rest Jesus offers and the rest our culture offers?
- The Sabbath is a gift of rest, a gift of grace. The more irrelevant we make the sabbath, the more we will struggle with grace, trust, and resting in Christ. Do you feel that connection in your own life? What would it look like to take one small step toward remembering the sabbath this week?

### **Closing Prayer**