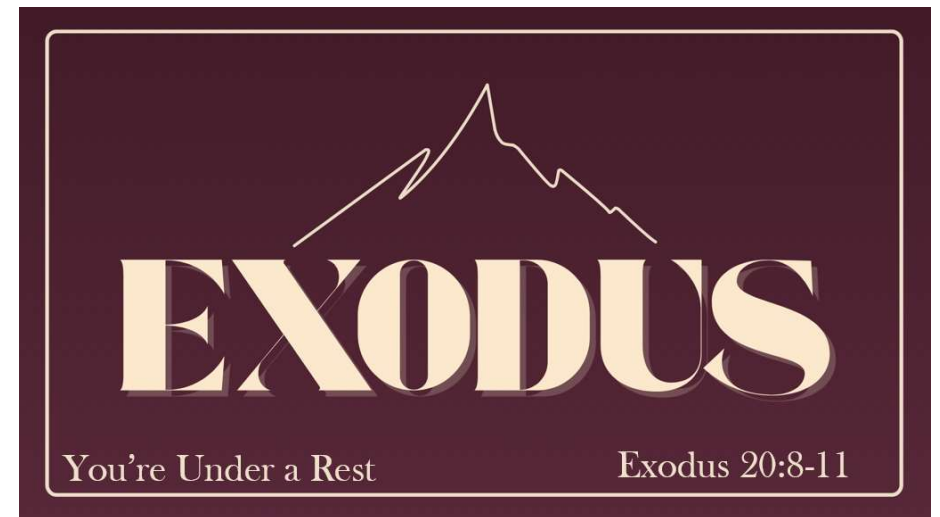


3. Compare the Sabbath principle to the tithe principle— trusting that 6 days with God's blessing outperforms 7 days without it. Does that resonate with you? Does it challenge you?
4. Do you currently take a regular Sabbath? If not, what's the biggest obstacle — guilt, busyness, fear of falling behind, or something else?
5. Which day or time period could you dedicate to Sabbath this week?

Sermon Discussion Points for



Calvary Chapel Groups
Sunday, June 28, 2026

CALVARY
— O X N A R D —

First

Read Exodus 20:8-11 – God gave His people Israel 10 commandments in Exodus 20. The one most often not followed by believers today is the commandment of Sabbath. What does this commandment mean for us today as Christians, and how should we seek to follow it?

What does a perfect day of rest look like for you? When was the last time you felt truly rested?

Vs.8– Sabbath is a Holy Commandment

1. Read Exodus 20:8–11. What reasons does God give for keeping the Sabbath holy?
2. Out of the 10 Commandments, the Sabbath gets more devoted verses than any other commandment. Why do you think we tend to treat it as the most optional of the ten? What makes it feel different?
3. There is a distinction between the *ceremonial* aspects of the Sabbath commandment (which have been fulfilled in Christ) and the *moral* principle behind it (which remains). Does that distinction make sense to you? How does it shape the way you think about Sabbath today?
4. Jesus said, "*The Sabbath was made for man, not man for the Sabbath*" (Mark 2:27). How does knowing the Sabbath was made FOR you change your perspective on the commandment?

5. Many of us find our identity, value, and purpose in our work. How does a regular Sabbath practice push back against that tendency? Have you experienced this personally?
6. How Does practicing Sabbath help keep us from making an idol out of our work or ability to produce?

Vs. 9-11 – Sabbath is a Day of Rest, Worship, and Delight

1. How comfortable are you with resting? Do you ever feel guilty when you are not being productive? Why?
2. Read Matthew 11:28-30. What does Jesus mean by offering "rest for your souls"? How is that different from just physical rest — and how does Sabbath connect to it?
3. How can you intentionally include worship, prayer, Scripture, and fellowship in your Sabbath rhythm?
4. What activities help you experience delight, refreshment, and closeness with God?
5. What would a *genuinely restful and delightful* Sabbath look like for you personally? What would you want to include? What would you need to let go of?

How to Live Out the Sabbath Commandment

1. Have you experienced spiritual, emotional, or physical exhaustion recently? What might God be inviting you to do?
2. What practical obstacles might make Sabbath difficult for you, and how can you address them?

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