

Small Group Guide: THE TEN COMMANDMENTS - Don't Do Anything

Opening Question If you suddenly had a completely free day with no responsibilities, errands, work, or chores, what would you want to do with it?

Opening Prayer *God, thank You for bringing us together. Help us to slow down, listen to Your Word, and be honest about the pace of our lives. Teach us what it means to trust You as our provider and to keep You first. In Jesus' name, amen.*

Key Takeaways from the Sermon

The Ten Commandments are not conditions for earning a relationship with God; they are confirmations of a relationship with God. God gave His commands to Israel after rescuing them, not before.

God wants to be known first as our Rescuer and Savior. The Passover story reminds us that deliverance comes through trusting God's provision.

The Sabbath commandment teaches us to trust God as our provider. Resting requires faith that God can provide for us even when we stop working.

The Sabbath is about more than taking a nap or having a day off. Pastor Dan emphasized that Sabbath means stopping, remembering, and keeping the time holy—turning our attention toward God in worship.

God can do more in six days than we can do in seven. The manna in the wilderness showed Israel that God could provide enough when they trusted His rhythm.

Our culture often pushes us away from rest. We live in a busy, always-on world, but the principle of Sabbath still applies even if we need to be creative in how we practice it.

Rest reminds us that we are not the source—God is. Our work matters, but our identity, provision, strength, and future come from the Lord.

Discussion Questions

1. **Read Exodus 20:8-11.** What words or phrases stand out to you in the command to “remember the Sabbath day by keeping it holy”?
2. **Pastor Dan said Sabbath means stopping and remembering, but also keeping the time holy.** What is the difference between simply “doing nothing” and intentionally resting with God?
3. **Read Exodus 16:26-29.** Why do you think some of the Israelites still went out to gather manna on the seventh day, even though God had already told them there would be none?
4. What does the story of the manna teach us about trusting God’s provision instead of relying only on our own effort?
5. **Read Exodus 12:12-13.** How does the Passover story show that God’s people were called to trust Him before they received the Ten Commandments?
6. **Pastor Dan emphasized that the commandments were given as confirmation of God’s relationship with His people, not as a condition for earning His love.** How does that change the way we view God’s commands?
7. In our modern world, what are some common obstacles that make Sabbath rest difficult to practice?
8. What are some creative ways Christians today can build regular rhythms of rest, worship, and trust into their weekly lives?

Practical Applications (Choose one or two.)

1. **Choose a Sabbath rhythm to try this week.** Set aside a specific block of time—or a full day if possible—to stop working, slow down, and focus on God.
2. **Put away work-related distractions.** For a set period, turn off work email, silence notifications, or step away from anything that keeps you in “productivity mode.”
3. **Use part of your rest time for worship.** Read Scripture, pray, listen to worship music, attend church, journal, or take a walk while reflecting on God’s goodness.
4. **Identify one area where you struggle to trust God’s provision.** Pray specifically about that area and ask God to help you depend on Him instead of striving in your own strength.
5. **Create a weekly reminder that God is the source.** This could be a prayer before the workweek, a family Sabbath meal, a gratitude list, or a moment each week to thank God for His provision.

Memory Verse for This Week

Exodus 20:8

“Remember the Sabbath day by keeping it holy.”

Closing Prayer *Lord, thank You for being our provider. Forgive us for the times we try to carry everything ourselves. Teach us to rest, to remember, and to worship You in the middle of busy lives. Help us trust that You can do more than we can, even when we stop. In Jesus’ name, amen.*