



Navigate: Ten Commandments Series
Small Group & House Church Bible Study

Commandment 4 – “Remember the Sabbath day by keeping it holy”

Pray and ask God to speak to your group as you open the Bible together. Read Exodus 20:8-11.

1. What has been your understanding of this commandment practically in your life? If you grew up in the faith, how was Sabbath recognized in your home? Has the way you practice Sabbath changed over the years?
2. Over the decades our culture has become busier and busier. Whether you are an elementary school student, a mom or dad, or a grandparent - our schedules can quickly get out of control. Have you ever experienced this? What have been your own experiences with working too hard or burning out?
3. To many, observing the Sabbath can feel like just another “thing to do.” Read Mark 2:23-28. Read verse 27 again. What do you think Jesus is saying about the heart of the Sabbath? What does it say about God’s intention for this commandment?
4. Read this first piece of the Westminster Shorter Catechism and then reflect together. What does this have to do with Sabbath?
Q. What is the chief end of man?
A. Man's chief end is to glorify God, and to enjoy him forever.
5. What tangible steps might God be calling you to today in order to enjoy Him and to create space in your life so that you can receive the fullness of God’s rest?

Hebrews 4 identifies Jesus as our eternal Sabbath rest. To receive His perfect rest is to lay aside all of our human striving and religion. To receive His rest is to embrace the fullness of God’s unbelievable grace. Pray together as a group, thanking God for sending Jesus to be our Sabbath rest, ask Him to fill you with His Spirit!