**“A Re – Day”**

Going deeper in Exodus 20:8-11

**INTRODUCTION** The LORD through Moses has let the people of God know that he is their God and that he was the one who rescued them of the land of slavery. The ten commandments that follow are about our love for God and for neighbor. He has given them the first, second, and third commandments which have to do with keeping God as the ruler and the focus of your life. Now it moves to the fourth commandment.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.* 8 Celebrate the Sabbath day, keep it set apart as a special day. 9 You have six days to do everything you need to do. 10 But the seventh day is the Sabbath to the LORD, your God. Don’t do any work—not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting your town. 11 For in six days the LORD made the heavens, the earth, the sea, and all that is in them and he rested on the seventh day. Therefore, the LORD blessed the Sabbath and set it apart as a special day.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. What has been your experience with the Sabbath growing up?

2. What role has Sabbath played in your journey with the LORD?

3. Why do you think the Sabbath is to or even for the LORD, your God? What is that suggesting about what the focus of the Sabbath ought to be?

4. Did the sermon give you any ideas about practicing Sabbath? If you are in a small group share some of those ideas with each other.

**PRAY** – *God has spoken. So, reply.*

\*Spend some time in quiet just being in the LORD’s presence.

\*Praise the LORD that he has created you to be in relation with him for eternity.

\*Ask the LORD to help you find your rest in him today.

**LIVE** – *This is where the rubber hits the road.*

Your identity, purpose, and fullness of joy is found in the LORD. Sabbath is a time to renew and reconnect with God and with those he has placed in your life. What are the practical ways that you will do this?