

# 2:Hustle

*Accompanies the 10/24/21 Sermon*

## The Call to Rest Exodus 20:8-11

Communities have unique characteristics that make them different from others. How they celebrate, how they morn, their language, customs, and their values create distinctions from others. God's people have always lived by His Kingdom values and not by any others. Taking a Sabbath has been part of this community's distinction from the earliest days. Today we will look at how the call of rest is part of our witness as God's people.

### ICE BREAKER

1. Would you rather read a book to rest or watch a movie?
2. What is one of your favorite books/movies/TV shows?

### PREPARE YOUR HEART AND MIND

Open in prayer: Pray that as you reflect on today's scripture that God prepares your heart and mind. Pray for the ability to understand and apply its truths to your life.

### SEARCH THE SCRIPTURES

Read the following Scriptures together and then use the questions below (or any you wish to add) to discuss the text and unpack its meaning.



Have someone in your group read **Exodus 20:8-11**

- What about these verses strike you?
- What is the larger context of this verses?
- The commandments helped the people of God know the values of God. Why is the Sabbath a characteristic God wants for his people?
- Is this still a commandment today?
- If it's not a command, should we still Sabbath?

## GETTING PRACTICAL

God rested on the seventh day to enjoy His creation and to set an example for us. Use the questions below to discuss what we might learn from this example.

1. What stood out to you about this week's message on this topic?
  - a. Why did you find that so impactful?
2. The 4<sup>th</sup> commandment has the longest description of the 10. This is not because it is more important than the others. It is likely because it has been the hardest to understand and to follow. Do you think this is still true today? Why or why not?
3. Taking a Sabbath is something that God wanted for his people. This characteristic reminds us to slowdown and enjoy him and his creation. How might Sabbath and Rest be part of our witness? What does it say about our values? Our hope for the future?
4. When your car needs service or maintenance a warning light comes on. When we are too busy or too focused on the wrong areas in life there are warning lights for us too. How might that be true for rest and sabbath in the following areas
  - a. Spiritual Warning Lights
  - b. Relational Warning Lights
  - c. Physical Warning Lights
5. Are you experiencing any of these warnings in your life now? What do you need to do about it?