

RL GROUPS

Grace | God-sized Vision | For Every Generation

Exodus 20

8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



Questions for Discussion

1. Read Exodus 20:8-11
2. Why is this a commandment?
3. Why do you think God rested on the 7th day of creation?
4. Why do you think Jesus picked grain and healed on the Sabbath day?
5. Why do you think Jesus says that we will find rest in him?
6. What makes it hard to keep a Sabbath day, a day of rest and worship and no work?
7. What is the benefit of having a Sabbath day?

Take time to pray for for one another.