

T H E T E N

COMMANDMENTS
THROUGH THE EYES OF JESUS

SMALL GROUP STUDY GUIDE

Week 4 September 10, 2023

"Sabbath: Rest, Renewal, Reverence"



OPENING PRAYER

O creator God, sometimes we pride ourselves on our ability to work hard and without ceasing. Thank you for reminding us that, from the beginning, rest and renewal are a vital part of a truly human life. Save us from short-term thinking that ultimately leads to ruin. Teach us how to treasure the "forever" life you offer us through your covenant with those who love you. Amen.

SCRIPTURE PASSAGES

Exodus 20:8-11 (NIV)

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.

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INTRODUCTION

Setting a day aside each week for rest and renewal is essential to our well-being and helps us be intentional about how we use our time to live the balanced life God intends.

QUESTIONS

1. The ancient rabbis taught that on the seventh day, God created *menuha*—tranquility, serenity, peace, rest in the deepest possible sense of healing stillness. Until the Sabbath, creation was unfinished. Only after *menuha*, only with tranquility and rest, was the circle of creation made complete. Does your life rhythm allow “healing stillness”? What practices ground you (or could ground you) into a life filled with that type of holy rhythm?
2. Exodus 31:17 recounted, “In six days Yahweh made the heavens and the earth, and on the seventh day Yahweh rested and was refreshed.” The word for refreshed (*naphash*) meant *to breathe*. Take a deep breath. Hold it for a count of four. Exhale for a count of six. Imagine God exhaling peace and tranquility into the world. When and how do you find tranquility or rest? How can God’s gift of sabbath rest help you to be a complete creation?
3. How has it helped you learn to trust God to think in terms of “forever” outcomes? How do you learn to look past those who seem to thrive even when focused on the short-term rather than the eternal?
4. How can your Sabbath practice become more about renewal than merely about leisure?
5. How can taking Sabbath seriously help you more clearly discern, and live beyond, the inner wishes or fears that keep you feeling locked into a frenetic life pace?

FINAL APPLICATION

Choose one day this week for Sabbath rest. Maybe you will enjoy God’s creation, play games, read, listen to music or take a nap! Include a time of prayer in whatever you choose to do. In that prayer, thank God for Sabbath!

Please note: this week’s questions are adapted from devotionals used by Church of the Resurrection in Leawood, KS, in conjunction with a message on the Ten Commandments in 2019.