

Life Group Homework

For the week of October 23, 2016

QUICK REVIEW

- 1) Looking back at your notes from Sunday's teaching, was there anything that caught your attention?

MY STORY

- 1) From last week's study, did you discover any idols in your life you needed to address with God?
- 2) Did last week's study shift the way you think about the Ten Commandments, and if so, how?
- 3) What stood out to you the most from last week's study?

DIGGING DEEPER

Exodus 20:8–11 (NLT)

⁸ "Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy."

- 4) In what state of employment or lifestyle were the Israelites prior to God bringing them out of Egypt? In the context of slavery, what was God doing for them?
- 5) Who is our model for working six days and taking a rest day? Why do you think God took a day of rest?
- 6) What was the given purpose of the Sabbath?

Psalms 127: 2 (MSG)

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?

- 7) What is God's motivation for you to find rest, and how does that impact you?

Matthew 11: 28-30 (MSG)

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

- 8) From the passage above, where are we as Christians supposed to find our rest?
- 9) What are some activities that we think are restful but in actuality are not? Are these the same for every person?

TAKING IT HOME

Rick Warren wrote the following three great points about finding rest:

- **Rest your body.** God has made us so that we need rest. If your car engine heat light were showing red, you would stop because you would know it's going to damage the engine. God says if you don't take one day out of seven to rest, if you keep pumping the adrenaline all day, every day, seven days a week, your engine is going to explode somehow. So your best requires rest. You have to take the time to rest.
- **Recharge your emotions.** Just be quiet! Or maybe you need to reconnect in your relationships. Maybe there's some kind of recreation that rejuvenates you. I'm not talking about competitive recreation. Some of you aren't recharging your emotions out on the golf course. You're just getting angry at the other guy!
- **Refocus your spirit.** During your Sabbath, you don't take a day off from God. You worship! Worship puts life into perspective. If you're too busy for God, you're just too busy. To make this happen, you have to schedule it.

- 10) What is your favorite way to recharge your body?
- 11) Has the idea of recharging your emotions ever been a part of your thought process?
- 12) What do you do to recharge your emotions?
- 13) If you could do anything to refresh your spirit, what would it be?

CHAIR TIME TOOLS

This week during your Chair Time, read and think about the following passage.

Matthew 12:1-8 (NLT)

Jesus is Lord of the Sabbath

At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. ²But when the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the Sabbath." ³He said to them, "Have you not read what David did when he was hungry, and those who were with him: ⁴how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? ⁵Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? ⁶I tell you, something greater than the temple is here. ⁷And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. ⁸For the Son of Man is lord of the Sabbath."

A Man with a Withered Hand

⁹He went on from there and entered their synagogue. ¹⁰And a man was there with a withered hand. And they asked him, "Is it lawful to heal on the Sabbath?" so that they might accuse him. ¹¹He said to them, "Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? ¹²Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath." ¹³Then he said to the man, "Stretch out your hand." And the man stretched it out, and it was restored, healthy like the other. ¹⁴But the Pharisees went out and conspired against him, how to destroy him.

- 14) What does Jesus want in the previous passage and how can we apply it in our own lives?
- 15) Looking back at the Taking It Home section, is there something you need to put into your schedule to find regular rest?

Exodus: Journey of Revelation Commandment Four – Take A Day Off!

Pastor Bob Balian

October 23, 2016

Revelation: These matter to God ---- they should matter to me.

- 1) When we yield to and obey God, by faith we receive Submission rest.

"Blessed is the man that does not walk in the way of the wicked, or stand in the way of a sinner, or sit in the seat of a scorner, but his delight is in the law of the Lord." (Psalm 1:1-2a)

- 2) When we come to Christ, by faith we find Salvation rest.
- 3) Occasionally we go through seasons when we want Christian rest.

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God." (Exodus 20:8-10a)

"Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any. Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, "How long will you refuse to keep my commands and my instructions? Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out." So the people rested on the seventh day." (Exodus 16:26-30)

"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." (Exodus 20:10b)

- 4) The diligence and work ethic of man are out-produced by total reliance in God.
- 5) Instead of doing what is important with our time, many of us are doing what is urgent.

"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil." (Ephesians 5:15-16)