

ACKNOWLEDGE HIM ALONE AS PROVIDER
The Tender Commandments
EXODUS 20:8-11

Ice Breaker: What is your favorite thing to do on your day off?

BACKGROUND: The Ten Commandments are more than a list of rules; they are loving direction from a Father's heart.

THE BIG PICTURE: The Sabbath was made as gift for us to enjoy, not a burden for us to bear; it was not made to restrict us or bring us into bondage, but it was made to free us and point us to Him.

DIGGING DEEPER:

READ EXODUS 20:8-11

This commandment brings up a lot of questions, such as:

- What day is the Sabbath? (See Romans 14:5-6, 10)
- What is considered work? What are we supposed to do on the Sabbath?
- What is the point of the Sabbath? (See Mark 2:27)
- What does it mean to keep the Sabbath holy?
- WHO is our Sabbath? (See Matthew 11:28)

1. WE WERE DESIGNED TO NEED REST

- Why does God want us to rest? What happens to us when we don't have a Sabbath day? What does He remind us during these quiet times? (See Psalm 127:2; 139:1-3)
- How do we keep the Sabbath holy? What do we need to reflect upon as we rest? Ex: Lord, are You first in my life? When I'm overwhelmed, do I turn to You? Am I trusting in Your strength? Am I listening to Your voice? Am I leaning on Your wisdom?
- Why did HE include this commandment in the Top Ten? Hint: We're independent, don't need God
- How do we know when we're too busy? Do you ever struggle to rest? When does a good work ethic become sin?
- This commandment also focuses on the importance of work. Why is it important to work? What happens if we have a poor work ethic? How can we worship HIM with our work? (See 2 Thessalonians 3:10-11)

2. WE WERE DESIGNED TO NEED HIM

- The Sabbath is acknowledging He is our Provider; we don't have to "do it all" ourselves. How is this freeing? Why is it so hard for us to obey Him? How will you trust Him more?
- In the book of Nehemiah, the people are rebuilding the city wall of Jerusalem but started working and doing business on the Sabbath. How did the people respond when Nehemiah confronted them? (Read Nehemiah 10:29 & 31) What can we learn from this?

CONCLUSION:

Jesus is our Sabbath, true rest is found in Him.

- After hearing this message, how will your Sabbath be different? Or is having a Sabbath a new concept for you? What is most challenging for you?
- How do you see God's love and grace in this commandment?