

Resting in the Lord

Proclamation Life Groups; Week of Sunday, April 3, 2022; Exodus 20:8-11; Richie Pendred

Sermon Theme – Israel was commanded to rest from their work on the seventh day and remember God’s finished work at creation. Through Christ’s saving work, we have the joy of resting from our works and trusting in the work accomplished on our behalf as we await the ultimate sabbath rest in glory!

I. Commandment Given – Read Exodus 20:8-11

- A. Read Exodus 20:8-11. What is the significance of this command considering the mistreatment the people of God experienced at the hands of the Egyptians?
- B. How would you interpret the fourth commandment? What does it mean to sabbath, and where have we seen this in Genesis and Exodus? What are the two events that sabbath rest is grounded in?
- C. What is the purpose of the fourth commandment? How is rest on the seventh day connected with the joy of God’s people?

II. Commandment Fulfilled – Read Jeremiah 17:21-27 and John 5:9-18

- A. Read Jeremiah 17:21-27 and Nehemiah 13:17-22. How do these passages display man’s disregard for the fourth commandment? What is the result of Israel’s failure to keep the Sabbath dedicated to Him?
- B. In what areas of life are you prone to rest in your own works rather than resting in the finished work of Christ?
- C. Read John 5:9-18 and Colossians 2:16-17. How does Jesus transform the sabbath? What is the importance of Him being Lord of the Sabbath and the substance of the Sabbath?
- D. Reflect on Christ’s saving work. How does the declaration in John 19:30 that “it is finished” fulfill the fourth commandment in our place? As a Christian, how is this truth an encouragement for you as you navigate life?

III. Commandment Applied – Read Hebrews 4:1-11

- A. What does Hebrews 4:1-11 teach us about entering God’s Sabbath rest? What does it look like to rest in Him now as we await our ultimate sabbath rest in future glory?
- B. If you were to evaluate your life, are you fully dependent on the Lord Jesus to supply you with every good thing pertaining to life and godliness, or are you striving after finding rest in your works?
- C. Read Revelation 22:1-5. How does this future reality impact how you daily rest and patiently work in the here and now?