



What to do right after the service to help “the Word dwell more richly,” within us (Colossians 3:16):

1. Instead of rushing off after the service or talking about the latest news, develop the habit of talking about the sermon with people after church. Start spiritual conversations by asking, “How did the Scripture challenge or speak to you today?” Or “what about God in the message encouraged you?”

2. Encourage someone by sharing things you learned about God from His Word during the sermon. Make note of how your thinking has changed. Don’t let biblical teaching be a one-time event that fades from memory as soon as it is over (James 1:22-25). Choose one or two particular applications to share

[Above from book *Nine Marks of a Healthy Church Member*]

For further Application, Meditation, and Conversation on today’s text:

Date: 8/27/2023 – “The Sabbath, Part 1: Resting in the Lord” (Exodus 20:8-11)

1. To borrow the phrase "now you know the rest of the story," what are things you didn't know about the Sabbath before this message? What parts of the Sabbath story do you want to know more about (note: part 2 of the message will be next week)

2. For people who say the Sabbath law is for today, should we obey these parts of the Sabbath law? Why or why not based on scripture?

- Stay near your home to rest
- Saturday is set apart starting Friday night
- Sunday to Friday you shall work
- Stone violators with the congregation
- Sacrifice extra animals

3. How does the Old Testament itself hint that the heart of the 4th command is to "rest in the Lord in His redemption?"

(Exodus 20:2, 12 and how Paul expands it in Ephesians 6, Deuteronomy 5:14-15, Psalm 95, Genesis 1-3, etc.)

4. How does Jesus give spiritual perspective and application to Sabbath and rest in Matthew 11:28-12:12?

5. How does Hebrews 4:3-10 further apply the Sabbath rest that remains for God's people?

6. Where do you need to pursue the concept of spiritual rest and refreshment? In what ways can that happen in a special way on the Lord's Day? In what ways can you pursue that every day?