

Small Group Discussion Guide

“Top Ten Summer” (pt. 3) – 06.21.2015

Scripture: Exodus 20:8-11

Bottom Line: Sabbath is to God, and for us, but it is really found in Jesus.

INTRODUCTION/ICEBREAKER:

This week we shared the TOP TEN songs of the summer! Have your small group share their favorite songs with the group and why it's their favorite!

UNPACKING THE GOSPEL IN THE BIBLE:

Read Exodus 20:8-11

Who is Sabbath for? The Sabbath is actually to God, and for us, but is really found in Jesus. It is a day that we focus on God, rest in His finished work and rejoice in all of the great gifts He has graciously provided for His children.

1) In what ways is Sabbath to God?

Answer: It is a day to God, centered on God, and devoted to God.

2) What are some practical ways you can devote a day to God?

Answer: intentionally connect with God, view everything as worship to God, etc.

3) In what ways is Sabbath for us?

Answer: We need to rest, refuel, recharge, and reconnect.

4) How can we rest on Sabbath as we spend time with God and family?

Answer: do what fills you up, unplug from devices, rest knowing God is in control, etc

5) In what ways is the sabbath really found in Jesus?

Answer: The day of rest points us to the source of all rest: Jesus.

LIVING OUT THE GOSPEL IN MY EVERYDAY LIFE:

1) What are some ways that we can make Sabbath to God?

- a. 5-1-1 Rhythm (Find a rhythm to your week)
- b. Prioritize corporate worship
- c. Learn to say no to good things for best things

2) How does the 4th commandment show me who God really is?

- a. Reveals that He gives me freedom freely.
- b. I understand God provides for me beyond what I can accomplish alone.
- c. Helps us to embrace that He is better than anything else.
- d. It makes it a joy to make worshipping a top priority in our lives.