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**SERMON NOTES August 8, 2021**

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Today's notes also available at [CCPL.life/Connect](http://CCPL.life/Connect)

**Our Souls Need of Rest**

**Exodus 20:8-11**

**Pastor Mike**

I. The Sabbath as a \_\_\_\_\_ of life

II. Understanding our \_\_\_\_\_ for rest

III. The fall and God's work of \_\_\_\_\_

*Practical question: Why do we celebrate* \_\_\_\_\_

a. God's \_\_\_\_\_ creation and His \_\_\_\_\_

b. \_\_\_\_\_ and its impact on God's \_\_\_\_\_ work

c. Jesus' work of \_\_\_\_\_ creation

d. Jesus' invitation into \_\_\_\_\_

IV. The nature of \_\_\_\_\_

a. Rest from \_\_\_\_\_ to rest unto \_\_\_\_\_

b. It's a call to \_\_\_\_\_

c. It's a principle that impacts \_\_\_\_\_

Questions for reflection, application, and discussion

1. Through this series on the Ten Commandments, Pastor Mike has continued to state that the Commandments are God's foundational principles for a healthy and happy life, and for a healthy culture. How is the commandment to remember the Sabbath and keep it holy a foundational principle for our lives and culture?
  - a. How is it foundational for your life? How would keeping the Sabbath be foundational to you personally being a healthier and happier person? How would it impact your family?
  - b. How is foundational for our culture? How would keeping the Sabbath make our culture healthier and happier?
  
2. Some teach that God gave us the Sabbath because of the limits of our biology. Knowing that it was God who designed us with those limitations, did God give us the Sabbath to make us aware of our limitations, or did God give us the biological and emotional limitations to remind us of the importance of the Sabbath?
  - a. Why is this an important question? What is the difference between these two ways of looking at the question?
  - b. If there is a purpose and importance in the Sabbath beyond taking a day off because of our limitations, what is that purpose?
  
3. A common question people ask regarding the 4<sup>th</sup> Commandment is, why do Christians celebrate the Sabbath on Sundays (the first day of the week) instead of on Saturdays (the last day of the week)? What did you learn from Pastor Mike's explanation of this question from his message? What is the meaning and significance of our worshipping on Sunday?
  
4. It remembering the Sabbath the same thing as taking a day off from work? If not, what is the difference?
  - a. The command is to "Remember the Sabbath day, to keep it holy." What does that mean?
  - b. God calls us to set apart the Sabbath as "a Sabbath to the Lord your God." What does it mean to set aside the day as a Sabbath to God?
  
5. In his message, Pastor Mike explained that the Hebrew word translated "Sabbath" is based on a verb that means "to stop, to cease, or to be still."
  - a. If this is a call to stop or to cease, what are we called to cease from? What does it mean to be still?
  - b. In an honest self-assessment, to what degree do you stop for the Sabbath? To what degree is it a day that you are able to "be still?" What do you need to do (or not do) to make this more a part of your weekly life?