

# PREACHING CURRICULUM



**SERMON TITLE:** Spiritual R & R

**SCRIPTURE:** Exodus 20:8-11; Deuteronomy 5:12-15

*Remember the Sabbath day, to keep it holy.*

## 1

### REVIEW THE SERMON

**Read Exodus 20:8-11 and Deuteronomy 5:12-15.** In each of these passages, what reason does God give for commanding the people of Israel to remember the Sabbath day? When taken together, what do these two passages tell us about God's purposes for the Sabbath?

Who was required to observe the Sabbath day? Why does that matter?

**Read Hebrews 4:1-10.** How does the writer to the Hebrews apply the theme of Sabbath rest in this passage? In verse 9, what is he referring to when he speaks of the "Sabbath rest" for the people of God which is still to come in the future?

Are Christians obligated to observe the Sabbath today? If so, what does it look like? What do you do if your work schedule prevents you from consistently observing the same day every week? See Romans 14:5-6 and Colossians 2:16-17 for additional biblical input into this question.

## 2

### ASSESS YOUR LIFE

What is your general habit when it comes to observing a Sabbath rest one day a week? If you are already in the habit of taking a Sabbath rest every week, what are the biggest blessings you have discovered by doing so?

How does our modern Western culture make it difficult to observe a weekly Sabbath? What do you personally find to be the biggest challenge or obstacle to the habit of weekly Sabbath-keeping?

## 3

### APPLY THE TRUTH

In practical terms, what might a weekly Sabbath look like in your own life? How might you carve out space in your week to make Sabbath rest a priority? Does anything need to change or be eliminated from your schedule in order to make this possible?

What should we be doing with our time during our Sabbath day? What should we be focused on during that time of rest and reflection? How do we avoid the mistake of the Pharisees, who turned the Sabbath day into a rigid, lifeless, and burdensome religious observance?

## 4

### COMMIT THIS WEEK

In our culture, when everybody is frenetic and excessively busy, how might a once-a-week Sabbath rest be a blessing to those around us? How might Christians serve as a positive, counter-cultural example in this regard? What might it look like for you to start the holy habit of Sabbath-keeping this week?