

The Rest of Your Life

10th in a series on The Ten Commandments

1. The concept of a Sabbath started with God at the end of Creation, but was part of the Jewish tradition before the Ten Commandments were given. Read Exodus 16:21-30. Why might God set up this kind of a system of providing food for six days, but not on the seventh?

2. Read Exodus 20:8-11 and paraphrase the fourth of the ten commandments.

3. Moses further discusses the Sabbath in Deuteronomy 5:12-15. How is this passage different from the other two?

4. For those who have grown up in Christian homes, what, if any, rules were imposed by your parents regarding the Sabbath? For those not raised in a Christian home, what rules have you seen or heard about relating to things that could or could not be done on the Sabbath?

5. These “rules” were an attempt to interpret the fourth commandment on the first level – as “law”. What are the good aspects and possible bad aspects of these rules.

6. Pastor Steve mentioned four things that we could do on the Sabbath that would be more like positive suggestions than punitive restrictions. What were they?

a)

b)

c)

d)

7. Pastor Steve suggests that this fourth commandment has a broader application than we see on the surface. When we look at it as a “vow”, we look at it as Jesus did when he healed on the Sabbath. Describe how that is different from viewing it as a law.

8. Pastor Steve says that putting the fourth commandment into practice involves treating the Sabbath as a time to look backward toward (?) and leaning forward into (?).

9. There is a third way of looking at the fourth commandment; this time in a way in which it becomes part of our Nature. Read Hebrews 4:1-11.

a) v. 1-2 The “rest” described here is more than a day off from work. How is it different?

b) What is the problem encountered in v. 2?

10. How is this third level of interpreting the fourth commandment different?