

Week 8: Family and the Sabbath

Daily Devotional

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1**: **Exodus 20:8-11**

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

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**Day 2: Matthew 11:28-30**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

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**Day 3: Hebrews 4:9-10**

There remains, then, a Sabbath-rest for the people of God; or anyone who enters God’s rest also rests from their works, just as God did from his.

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**Day 4: Genesis 2:2-3**

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

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**Day 5: Colossians 3:23-24**

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

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Discussion Questions:

**1.** What does the concept of "Sabbath" mean to you personally? How do you interpret the idea of "ceasing" or "stopping" in your own life?

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**2.**  In what ways do you find it difficult to rest in today’s fast-paced world? How can you incorporate more intentional rest into your weekly routine?

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**3.** The sermon mentions celebrating the deliverance from sin won for us at the cross. How do you personally celebrate or remember this deliverance in your life?

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**4.** How does our culture view rest and work? In what ways do you think this perspective aligns or conflicts with biblical teachings about the Sabbath? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** The sermon discusses how technology contributes to our overworked lives. How do you manage technology in your life to ensure you are taking time to rest and be still?

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6. Read Psalm 46:10. What does it mean to "be still" before the Lord in your life? How can you create space for this stillness amidst your daily responsibilities?

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7. The sermon mentions the principle of reaping what you sow. How does this principle apply to your spiritual life and your commitment to rest and worship?

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8. What are some practical steps you can take this week to honor God through rest? How can your LifeGroup support you in this endeavor?

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