

THE FOURTH COMMANDMENT

Mark 2:23-3:6

MAIN IDEAS FROM THIS WEEK

1. SABBATH SHOWS US THE NEED OF MAN
2. SABBATH SHOWS US THE NATURE OF GOD

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. What were your thoughts on Sabbath before this week's teaching? Did anything change? What questions did you come away with?
3. What are the main obstacles in your life that keep you from slowing down? What would need to happen for those obstacles to be removed?
4. What are some ways you try to rest that end up being cheap substitutes? What types of things lead you into deep, soul-refreshing rest?
5. Sabbath shows us that God does not need us but that He wants us. What are some ways it shows us these two truths? What are some other passages in the Bible that would convey these same two ideas?
6. Jesus is the only place we can find rest for our souls. How might an actual 24-hour day of rest help you realize this truth? How could a 24-hour day of rest hinder you from living in this truth? What does it mean to rest in Jesus?
7. **ACTIVITY:** Take what you heard this week and set aside either a chunk of time or a full day to rest in a way that leads you to delight in Jesus. After you try this, journal about it and talk to at least one friend about what your experience was like.

A TRUTH TO TAKE WITH YOU: Finding practical means of slowing down and finding ways to delight in God's gifts are both really good ideas, but all our practical ideas are worthless without Jesus. We don't just find rest in a 24-hour day. We find it in the person of Jesus.