

September 25, 2022

Commandment 4

Large Group

Ice breaker 5-10 min

Worship 10-15 min

Volunteer Descriptions 5 min

Lesson (15 min)

Review

- What commandments have we done so far?
 - Have no other God's before me
 - Do not have idols
 - Do not use the Lord's name in vain
- Why do we need the 10 commandments?

Commandment 4

- Sabbath and Science-a review of examples in science that agree with taking a day of rest
 - Rest with exercise
 - Brain rest-Science Daily
- Commandment 4, Sabbath
 - [Exodus 20:8-11](#)
 - [Deuteronomy 5:12-15](#)
 - The two versions are different
 - What do we do with differences on the same topic? [In this instance, they work together. We can easily put them together]
 - How are they different?
- Let's talk about the rest of the week
 - God has us work 6 days to rest on the 7th.
 - He designed us for a day of rest, but also 6 of work
 - [Proverbs 6:6-11](#)
 - Colossians 3:23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters
- God gave us the Sabbath for rest
 - Pharisees had 1500 rules for the Sabbath. Not very restful.

- [Mark 2:27-28](#)
- The Sabbath should be an enjoyable day.

Small Group Discussion

How do you feel after a couple weeks where you are busy all the time?

What are the effects of not resting?

What would your idea of a day of rest, set apart as holy be?

Read [Genesis 2:1-3](#). When God was done creating the heavens and the earth and all in it, did he need to rest? Why would he do it?

[Provide an example for us to follow. Set the seventh day apart as holy.]

We talked about how there were so many rules on the Sabbath that no one could reasonably follow them. Read [Matthew 12:1-14](#), What are some examples of things in this passage that seemed odd that someone should not do? What are some examples that Jesus points out on things that are allowed on the Sabbath? Why do you think the Pharisees were watching Jesus? What do you think is meant when Jesus says “Therefore, it is OK to do good on the Sabbath.”

[Do good on the Sabbath-This is definitely healing people, but also could include a variety of other things such as rescuing a lamb that falls in a ditch, going to Church, or helping where it is needed]

In the time Jesus was on earth, one of the main issues he addressed with the Sabbath was that people were making it too strict. Is that the same issue we see now where people try to follow the rules of the Sabbath too strictly? If Jesus came back today and had to address the Sabbath, what are things you think he would be talking to us about? Would it look the same?

[A few ideas for this one may include doing too much, choosing to be too busy. Failing to keep the Sabbath holy and allowing it to look like any other day, or maybe even too much of an emphasis on recreation in some cases]