

Sermon Notes

Hebrews 4:3-11

Exodus 20:8-11

Why is Sabbath Critical?

1. It will _____ us.
2. It will ____ - _____ us
3. It will _____ _____ _____ God.

Homework

Discover

Read **Exodus 20:8-11**.

1. Who is included in the requirement to rest?
2. What is the rationale for the Sabbath (see also Ex 16:21-30; Dt 5:14-15)?

Read **Matthew 11:25-30**.

3. Why is the Gospel hidden from the "wise and learned"?
4. What does Jesus mean by taking up his "yoke"? By the "rest" he promises to those who do?

Apply

5. What is the difference between Sabbath rest and leisure? Does your choice of leisure/amusement help or hinder your ability to engage in Sabbath rest?
6. How would a non-believer assess the "rest" in your life? Would they look at your life and see that there is a rest available that they don't have?
7. How do you currently observe the Sabbath? What are spiritual disciplines that you could add to make your Sabbath more God-centered?
8. How often do you take time off for rest, spiritual rejuvenation, and worship?