



# GOD'S TOP TEN

## A Much Needed Day Off - Exodus 20:8-11

### MAIN THING

The Sabbath Belongs To God

### SCRIPTURE

Exodus 20:8-11, Genesis 2:2, Nehemiah 10

### ICEBREAKER

What do you consider a “day of rest”? What would the ideal restful day look like?

### OPENING THOUGHT

When we think of the 10 Commandments, we always think of do not murder, do not steal, honor your father and mother, but I would dare say that keeping the Sabbath holy is probably the one commandment that gets forgotten the most. What is the Sabbath? Why should it be holy? This is what we are studying in this session.

### DISCUSSION QUESTIONS

1. What was one thing that stood out to you from this weekend’s message?
2. What is your favorite thing about Sundays?
3. In a recent survey, only 19% of people in Britain believe that, “Keeping the Sabbath Holy” is important. Of the Christians surveyed, only 31% said that keeping the Sabbath holy is important. This makes it the least-followed commandment of the ten. Why do you think this is?
4. Read Genesis 2:2. Why do you think God rested?
5. In the book of Nehemiah in the Old Testament, there was a significant revival. There was a massive turning of the nation of Israel back to God where the entire nation repented of their sins and began living as God wanted them to. One of the significant results/changes of this revival was a rededication to honoring the Sabbath. In Nehemiah 10, they made vows to God about how they would change and the practices they would adopt as part of the revival. Read Nehemiah 10:31. Why would a rededication to honoring the Sabbath be a hallmark of a revival?

### LIFE APPLICATION

6. We have a saying at Catalyst, “Sundays are for worship only.” That means we don’t solve problems, address concerns, resolve conflict, make decisions, or anything else on Sunday, because that is our time for worship. If you adopted a “Sunday is for worship only” mentality in your family, what would change?

### CHALLENGE

What, if any, personal practices do you have that separate Sundays from other days of the week? What do you do, or avoid doing, on Sunday that makes it different? How can you set boundaries in your life to prioritize what is sacred? This week, make a concerted attempt to observe the Sabbath this week. Rest. Worship. God, Himself, took a day to rest. It’s our turn to start observing this commandment.