



In Person & Zoom Community Group Lesson – October 9 & 12, 2022

Commandment #4 - Keep the Sabbath Day Special

Main Point

- You shall remember and keep the Sabbath Day holy

Scripture

- 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”

Prayer Time

- Spend a couple of minutes in praise and prayer to God.

Praise and Worship

- The Table – Chris Tomlin
https://www.youtube.com/watch?v=peeqJ1bmT_w
- Come To The Table – Sidewalk Prophets
<https://www.youtube.com/watch?v=DXXxLwxfo0U>

Memory Verse

- 1 John 5:3
 - “In fact, here is what it means to love God. We love Him by obeying His commands. And His commands are not hard to obey.”

Review of Last Week

- Last week we learned about Gods third commandment, do not misuse God’s name; we learned that it hurts God when we use his name in the wrong way and that it disrespects him.
- What are some things that you did this past week to remember to respect God’s name and call Him one of the beautiful names found in the Bible?

Lesson

- How many of you know anything about the holiday Labour Day (long weekend in September)? It might mean many things like a long weekend, a day off work or school, or it might not mean anything to anyone; or it might mean time to *spend with family before school starts; or a day to sleep in and watch movies.*
- Well, the origins of Labour Day - this was a celebration of people in the work force. Many years ago, people often had to work very long and hard hours, sometimes in dangerous conditions and usually for not much pay. Some people put in efforts to create laws about such things, and we celebrate their dedication and contributions.
- Now there are special rules about working so that people have opportunities to take breaks. However, this idea was not invented by American or Canadian workers. It was actually instituted by God Himself!
- It's found in the Bible; the first part of the scriptures:
 - *And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. – Genesis 2:2-3*
- Wow. Even God took a day off! God was setting an example for us. He does not really need rest Himself, but He wanted to show that we are to set aside a special day for considering God and the work HE has done for us. The Sabbath is to allow us to pause and recognize a special holy period of time. This example was repeated when God gave His people the Ten Commandments. Taking a Sabbath break is a holy rule:
 - *“Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. – Exodus 20:8-11*
- God blessed the Sabbath and called it “holy”, set apart for an important purpose. Now, for those of us, like Pastor Corinne and Alex, we don't get to take Sunday off. But God says that it doesn't matter which exact day of the week we take off, but it is important that all of us take a day off.
- Typically, in Canada, Sunday is recognized as the Lord's Day, since most churches hold services then, and we celebrate how Jesus was raised on a Sunday. But some people might have to work on Sundays, and so they pick a different day to honour the Sabbath.

- The point is not about how much work you do or don't do, or which day you decide is special. The important thing about the Sabbath is that we honour it by setting aside time for God.
- When we do this, it allows us to remember that life is not all about us or what we can do in our own power. It should be all about God. And the beautiful thing here is that God promises to give us rest. When we fix our minds and hearts on Him, He will rescue us from difficulty.

Application and Group Discussion

- At your tables, talk about what you do or can do on the Sabbath to make sure you rest and spend time with God on that day.
- Write down on your activity sheets, one thing that you will do this next week to honour the Sabbath.

Live it out Challenge

- How do you take time to honour the Sabbath? If you're not taking your day of rest, what could you do to ensure you have one day where you do not do any work and spend time with God? Write one way you can make sure that you enjoy your Sabbath on your activity sheet or share with people around you.

Activity Sheets

CHURCH
 DODISHES
 ENJOY
 FAMILY
 LOVE
 PRAY
 REST
 SCRIPTURES
 SERVICE
 SMILE
 TEND
 THANKFUL

Keeping the Sabbath Day Holy

		F	P	T					C	V	L					
		W	A	O	H	D			P	R	A	Y	J			
		E	K	M	R	A	C		D	S	M	I	L	E		
S	F	D	I	K	N	B	Z		A	O	C	H	U	R	C	H
S	C	O	L	Y	K	T	E	N	D	D	E	N	J	O	Y	P
E	E	R	Y	S	F	M	R	X	F	I	I	F	J	N	H	B
M	H	R	I	E	U	L	S	H	S	S	O	W	M	W	W	T
		V	B	V	P	L	E	R	T	D	H	S	J	E	L	Y
			M	V	I	T	X	O	D	V	E	K	H	N	X	
			J	R	D	C	U	L	H	U	S	C	J	E	Z	
				V	E	W	E	R	T	O	L	O	V	E		
					U	S	X	W	E	R	G	G	N			
						T	Q	Z	S	X						
							L	Z	B							
										J						

