

Jesus and the Ten Commandments

Study Questions

Week 5: Exodus 20:8, Deuteronomy 5:12

1. How do you reflect on the differences in these two versions of the 4th commandment?
2. What are your earliest recollections of Sabbath keeping?
3. How would you rate yourself on a scale of 1-10, with 10 being best and 1 being worst, on observing Sabbath rest? Share with your group.
4. How do you typically observe Sabbath? Do you have specific routines?
5. From the sermon, what were some of Jesus' habits in observing rest and self-care?
6. Have you experienced seasons of burnout and exhaustion? What did you do to resolve those difficulties?
7. Share with your group if there was a specific thought or idea from the sermon this week that spoke to you or was a new concept.