



# DIGGING DEEPER

Exodus 20v8-11 – Is Sunday Special?

**PLEASE READ** – Genesis 1v31 – 2v3 / Exodus 20v8-11 / Mark 2v23 – 3v6

## GETTING STARTED

What questions do you have concerning the Sabbath?

### 1) REST FROM YOUR WORK

What does the Genesis reading teach us? Why did God rest after creating the world if he never sleeps or slumbers? (Psalm 121)

How does the 4<sup>th</sup> commandment build on the foundation laid in Genesis?

What are some of the consequences we see around us of not taking God's command to rest seriously? (Think physical, emotional and spiritual)

What does it look like for **you** to rest from your work? Is there anything in your work / rest rhythm that needs to change?

## 2) REST IN THE LORD

Chat about the phrase below...

*'The Lord's Day should be empty of work and full of Christ'*

Apart from gathering as a church family in the morning, is the rest of your Sunday different to any other day?

What can you do to embrace the gift of the Lord's Day more fully?

## 3) REST IN THE NT

What difference does Jesus make to the Sabbath principle? (Big question!!)

What light do the 2 passages in Mark 2v23-28 and Mark 3v1-6 shed on the question above?

Are you in danger of being too restrictive (like the pharisees) or too liberal?

**Meditate on the words of Jesus below...**

**Mt 11v28:** Come to me, all you who are weary and burdened, and I will give you rest.