



LISTEN UP!

Exodus 20v8-11

Is Sunday Special?



STEP 1 – Find the book of **Exodus** in your Bibles...

STEP 2 – Follow in the Bible and **listen up!**

Getting started...



What word best describes life in the 21st century? _____

Hence the need for **R** _____ !

1) Rest from your _____

Did God need to rest when he had finished creating the world? **Yes** or **No**

Why did God rest?  To give us a **P** _____ to follow

Do you need to rest? **Yes** or **No**

If **you** don't rest life will begin to **B** _____ down



Chat over lunch about what it looks like for you to rest from your work...

2) Rest in the _____



The Lord's Day is not just a day to **rest** but a day to **R** _____

Therefore, Sundays should be **empty** of **W** _____ and **full** of **C** _____

Write down some things you can do to make your Sunday 'full' in the right way!

Chat about the phrase "let's get church done and get on with our day"

Is there any of that attitude in your heart?

3) Rest in the _____

Does anything change with the coming of Jesus? **Yes** or **No**

Chat more over lunch...

3 key things

It is a **G** _____ from God to us!

- The Sabbath was made for man...



Therefore, it should be a **B** _____ not a **B** _____

Sadly, the Pharisees weighed people down with lots of extra **R** _____



- Jesus is Lord of the Sabbath...

Therefore, he alone is **Q** _____ **L** _____ to tell us what it means and how it

A _____ **P** _____

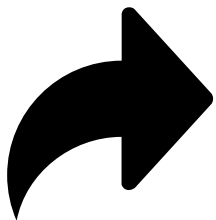
- Jesus did **G** _____ on the Sabbath...

Therefore, so should **W** _____ !!! It's not a day to do **N** _____ !

STEP 3 – During / After the preach...



Have you got any questions about what you've heard? If so write them down...



What is God calling you to do? Write it down...



What do you need God's help with? Write it down...