



## Small Group Discussion Notes

### The Rest of the Story

The Freedom of Rest

Deuteronomy 5:12-15

October 2, 2022

#### Warm Up

What was your first job?

#### Digging Deeper

What thoughts or reflections have you had about Sabbath over the last week?

READ Exodus 20:8-11 and Deuteronomy 5:12-15

When you think about the Sabbath commandment, which emphasis do you tend to think of first, creation as seen in Exodus, or freedom and redemption as seen in Deuteronomy?

How does this emphasis influence your personal view of and engagement with Sabbath rest?

The Sabbath commandment speaks to the importance of Sabbath rest for all people. What challenges do you see in our society today for various people groups to participate in Sabbath?

Read Exodus 16:21-30

In what ways are you like the Israelites, going out to gather food on the Sabbath? To put it another way, how do you find yourself, lacking confidence in God's provision and working more than you need to or should?

Both Exodus 31 and 35 speak to the importance of observing the Sabbath even in the construction of the Tabernacle where the presence of the Lord is to dwell. How does this prioritization speak to where the Lord ultimately is to dwell and the relational nature of God dwelling among his people? Consider Acts chapter 2.

If you have not already, have a general conversation around Sabbath as a commandment. Does the fact that it is one of the ten commandments lead you to want to take it more seriously?

#### Next Steps

How could an intentional view of Sabbath as an avenue for freedom and redemption impact the way you approach scheduling your week?

The Bible talks a lot about the value of hard work. Where is the line between working hard for the Lord and overwork at the expense of intentional Sabbath rest?

Although leisure and recreational activities certainly can be a part of Sabbath rest, how could some of these activities actually end up enslaving us, so to speak?

#### Final Thoughts

Take time as a group to pray for the ways in which your group members feel enslaved to work, social commitments, and the various other activities or priorities that get in the way of Sabbath rest.