



Sermon Discussion Guide




Exodus: Sabbath

Exodus 20:8-11; 31:12-17

Brandon Laurantzon, February 25 & 26, 2017

Step 1: Reflect on the Text

Why do we do this first? We always want to start with the Bible. The goal is to meditate on the Word and read it with an ear sensitive to the Holy Spirit's promptings. Look for words or phrases that stand out through logic, repetition, layout, etc.

-  Read Exodus 20:8-11; 31:12-17. What stood out to you? What did you find interesting and/or important? What was challenging or caused you to have questions?

Step 2: Reflect on the Sermon

INTRODUCTION

- 1 How have you viewed the Sabbath in the past? As a gift? As a delight? As a burden? What did the story of the beggar illustrate?
- 2 What was your one main/big takeaway from the sermon? How would you summarize the main theme of the sermon in one phrase or sentence?

SABBATH: A DAY FOR CEASING AND RESTING

- 3 How do you think you have been influenced by our nonstop, 24/7 culture? What would it take for you to cease from all your work on the Sabbath? What did the story of God providing manna in the wilderness, Chick-fil-A, and Eric Liddell illustrate about keeping the Sabbath?
- 4 What are some ways you could rest physically on the Sabbath? How is physical rest related to spiritual rest?

- 5 Discuss the following quote by Marva Dawn:
- We can truly learn how to rest only when we are genuinely freed by God's grace. Our Sabbath observance will not give us genuine rest if we use it merely as an excuse to be workaholics the rest of the week. Only in the sure knowledge that we don't have to manufacture our success in life by our own efforts can we have the freedom not to be continuously working at making our own way.
- 6 What were some of the principles that Brandon laid out for determining how to spend the Sabbath? What do you think about using technology, playing youth sports, or doing homework on the Sabbath?
- 7 What was the point of the illustration about the wagon train from St. Louis to Oregon?

SABBATH: A DAY FOR WORSHIP AND MERCY

- 8 In your own words, what is the connection between the Jewish Sabbath and the Lord's Day?
- 9 Brandon said, "The secularization of society brings with it an increase in Sunday work and leisure activities...the new normal for church attendance is 50%." Are you guilty of being a "half-timer" with regard to church attendance? What keeps you from being in corporate worship every weekend? Why is attending church weekly a matter of life and death?
- 10 What did Brandon mean when he said, "Keeping the Sabbath is more than coming to worship, but it is not less"? When do you keep your Sabbath?
- 11 Why is the Sabbath a day for mercy? What are the two distortions of the Sabbath? How does Jesus destroy both distortions?

Step 3: Final Reflections

- ✠ How has your understanding, appreciation, and love for Jesus and the gospel grown as a result of this study?
- ♥ In what areas of faith and practice are you feeling convicted by the Holy Spirit to act as a result of this study?