

## Sermon Questions: Honor the Sabbath

Exodus 20:8-11

1. Do you like Chick-fil-A? Have you ever felt inconvenienced by the fact that they are closed on Sunday? Pastor Mark tells the story of the one time a Chick-fil-A opened on a Sunday. Do you think Chick Fil A did the right thing in that regard?
2. Of all the Ten Commandments, perhaps the commandment to “Honor the Sabbath and keep it holy” is the one modern Americans ignore the most. How seriously do you think we should take the commandment today?
3. In what ways can we honor the principle of the Sabbath without becoming legalistic about it?
4. Read Mark 2:23-28. Pastor Mark points out that when Jesus was declaring that “the sabbath was made for man, not man for the sabbath,” Jesus was declaring the sabbath invalid or unimportant. Jesus was speaking out against the legalism that causes arguments over what is or is not defined as work on the sabbath. In what ways can people still be legalistic about the sabbath today?
5. One purpose of the Sabbath is gathering together for worship with God’s people. In what ways is corporate worship different from individual private worship? Why are both forms of worship important?
6. Pastor Mark suggests that holiness leads to happiness. In what way is that true?
7. Another important aspect of honoring the Sabbath is to rest and relax. Why do you think God wants His people to rest on the Sabbath?
8. Do you typically get enough rest? Share a time when you were tired or sleep deprived and then said or did something you regretted later.
9. Originally, resting on the Sabbath was a way for the Hebrews to remember and celebrate that they were no longer slaves. How might the failure to honor the Sabbath lead us into a form of slavery?
10. Another key part of the Sabbath is to relationally re-connect with the people we love and care about. How often do you sit and visit with family and close friends without feeling rushed?
11. Do you think it seems harder to stay relationally connected today? Why or why not? How does texting and email help? How might it hinder? How can the Sabbath be used for re-connecting?