

## *Study Guide Notes*

**Message:** Sabbath Day - Divine Rest for God's People

**Messenger:** Pastor Keith

**Scripture:** Exodus 20.8-11

**Date:** August 3, 2025



**Introduction:** Our culture works without spiritual rest and they are stressed; many Christ-followers have been swept into the same pace carrying the same symptoms of a stressed-out life: physically tired, mentally captivated, emotionally drained, and spiritually empty. Our study is for Christ followers to reclaim the spiritual rest in God through our study of Exodus 20.8-11.

### **Sabbath's Rest:**

- Established in the \_\_\_\_\_ - Genesis 2.2

**Creative Principle:** the foundational truth or law through which God sustains and governs what has been created within society.

### **The purpose of work:**

1. \_\_\_\_\_ with God – to be a steward (Genesis 1.28)
2. \_\_\_\_\_ of God – work to sustain life (Genesis 2.15)
3. \_\_\_\_\_ of God – align our lives with His will and let Him do His works through us.

### **Application:**

- a) How does your work reflect God's purpose for humanity in creation?
- b) Do you see your work as being in partnership with God?
- c) What motivates your work – calling, identity, approval, or provision?

### **Sabbath Day's Rest:**

1. A Day to \_\_\_\_\_ – 8a. Remember the Sabbath day to keep it holy...

### **Application:**

- a) What does it mean to you personally to 'keep the Sabbath holy'?
- b) What are you remembering when you pause for the Sabbath?
- c) What habits make it difficult for you to honor the Sabbath?
- d) How does setting apart a day for God reshape your priorities and mindset throughout the week?

2. A Day to be in \_\_\_\_\_ – 9. Six days you shall labor and do all your work, 10a. But the seventh day is the Sabbath of the Lord your God.

**Application:**

- a) What rhythms or practices help you step into the holiness of the Sabbath more fully?
  - b) What kind of rhythm governs your life right now?
  - c) What might God be inviting you to lay down, so you can embrace His rhythm of rest?
  - d) Have you ever experienced God's spiritual rest?
3. A Day of \_\_\_\_\_ – 10b. In it you shall do no work, you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.

**Application:**

- a) What distractions keep you from fully embracing Sabbath rest?
  - b) What one practice can you adopt today to slow down and be more present?
  - c) How can you carry the peace and rest of Sabbath into the coming week?
4. A Day God \_\_\_\_\_ Himself - 11. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore, the Lord blessed the Sabbath day and hallowed it.

**Application:**

- a) Do you delight yourself in the Lord on the Sabbath?
- b) How can you prepare yourself to meet God on the Sabbath?
- c) What does it mean for God to 'represent Himself' to me on this day?