

# WORDS TO LIVE BY

A FRESH LOOK AT THE TEN COMMANDMENTS

SMALL GROUP GUIDE

FEB 9, 2025

## A Vision for True Life.

In the word on Sabbath, we come to the end of the first tablet, the commandments that focus on God's love and worship. Without proper worship, our faith becomes an empty moralism, a life with no supernatural power. Sabbath means deep rest or deep peace; it describes a state of wholeness and flourishing in every dimension of life. Our patterns of work and rest reveal what we believe to be true about God and ourselves.

**Read Exodus Exodus 20:8–11.**

- What is your understanding of the Sabbath as stated in Exodus 20:8–11? What are the reasons for obedience in this passage? (Exodus 20:11; Deuteronomy 5:15)?
- What is the distortion, in terms of our being made in God's image, that this command addresses (see Exodus 5:14; Amos 8:4–6)?
- Are you trying to prove your worth through your work or sense of personal achievement?
- According to Jesus, what is the true purpose of the Sabbath command (see Mark 2:27; Luke 6:9–10)?
- Do you regularly experience the deep peace and rest Jesus offers here (see Matthew 11:28–30)?
- Are you practicing the Sabbath presently?

## Praying together

Father, help me to practice regular Sabbath in my life today so that my life and my words might be witnesses to the world around me.