

## **SINAI CODE 4 - THOU SHALT DO NOTHING**

### **INTRODUCTION**

Take the day off? For some of us, we wouldn't know what to do with such a luxury. We consume ourselves with work and pack our schedules with the business of life. But what if it didn't have to be that way? What if we had a directive from God to build a day of rest into every week? Together we'll discover why God included the Sabbath in the Ten Commandments and what it means for us today.

### **DISCUSSION QUESTIONS**

1. How do you relax?
2. When in your current weekly schedule do you take time to rest?
3. Exodus 20:8-11 says, *"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."* What are some reasons people give for working so much? Can you identify with any of these?
4. What are the dangers of working all the time? Have you experienced the consequences of overwork?
5. What are the benefits of building in a day each week to rest?
6. In Genesis 2:1-3 God set an example for us when He rested after the creation of the world. Why is important to God that we take time to rest?
7. Does it take a lot of faith for you to take a day off? Why or why not?
8. What in your life would have to change for you to carve out a day of rest?
9. What would it look like if you took a day off each week? What would you do? What would you not do?

### **THINK ABOUT IT**

One of the main reasons that people don't take a day off each week is that they do not trust God. They don't trust that He will provide what they need if they were to stop for a day. Do you find yourself trusting God to take care of you, or are you taking matters into your own hands?

### **WHAT WILL YOU DO?**

Take the one-month Sabbath challenge. Carve out a 24-hour period each week for you to rest. Then choose someone from your small group to keep you accountable.

### **CHANGING YOUR MIND**

*"Remember the Sabbath day by keeping it holy."* Exodus 20:8