

7. Read **Psalm 46**. Despite everything going on around us in life, verse 10 says, “be still and know that I am God”. Why do we struggle so much with stillness?

- a. What can we do to cultivate in our lives a spirit of stillness, even when our lives are filled with swirling chaos?

8. Is there something from the message you want to discuss that is not included here as part of the study?

### Response – Making it Practical

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1. Did this study give you a new appreciation for the relevancy of this commandment for your own life?
  
2. What is the one lesson from this study that you can implement into your life today?

You can access more messages on our sermon page at [www.villagegreenchurch.com](http://www.villagegreenchurch.com).

We're also on Facebook and iTunes.  
You can also check out the Pastor's Corner on our website.



### Sermon Notes



# Life Group Study Notes

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Why is it so important to take one day to pause and rest, especially when it can be leveraged to further our productivity or extend our leisure? Like so many other biblical mandates, the Sabbath is far more than a pause in the midst of another busy week.



In this message, we look at the fourth commandment and discover the truth about finding rest in midst of life's many demands.

## Study – Discovering What the Bible Says

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### Study Based on Exodus 20:8-11

1. What was the major takeaway for you from last week's study?
  
  
  
  
  
  
  
  
  
  
2. Read **Exodus 20:8-11**. According to these verses, how is the Sabbath day to be kept "holy" (set apart and different from all the others)?
  - b. Are these criteria still relevant for life today?

3. Read **Mark 2:23-28**. How does Jesus bring a new understanding to us of God's intention for this commandment?
  
  
  
  
  
  
  
4. At the heart of the Sabbath is a relational connection to God. So a good question to ask is, "***Am I finding God in my rest or am I finding my rest in God?***" How do you respond to this?
  
  
  
  
  
  
  
5. In the message, three things were mentioned that are key ingredients to keeping the Sabbath. What were they and take time to discuss each one.
  - a. R\_\_\_\_\_
  
  
  
  
  
  
  
  - b. R\_\_\_\_\_
  
  
  
  
  
  
  
  - c. R\_\_\_\_\_
  
  
  
  
  
  
  
6. Read **Matthew 11:28-30**. How do you view these verses in light of a discussion on the Sabbath?