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Section: Commands (Law)

**DISCUSSION GUIDE**

**Q48. Why does God give the fourth commandment: Remember the Sabbath day, to keep it holy?**

So we will worship and rest in God and remember the finished work of Jesus.

1. What is the simplified definition of the word Sabbath? Is this definition new to you? If so, before tonight, how would you have defined Sabbath?
2. What are the three main purposes of Sabbath? In your own words, explain how each of these purposes could play out in a Christian’s life. .
3. Why do we need Sabbath?
4. Read Exodus 20:8-11. Can you identify the moral requirement for Sabbath, and then identify the supplementary data in the passage?
5. What is a creation ordinance? When did God establish the one in seven day Sabbath model for us?
6. What does it mean that the Son of Man is lord even of the Sabbath?
7. What is an act of necessity? What is an act of piety? What is an act of mercy? Give an example of each.
8. What is the “already” reality of Sabbath? What is the “not yet” reality of Sabbath?
9. Give a couple examples of what Sabbath is not.
10. Why is Sabbath a wonderful gift from God? Do you see Sabbath as a blessing?
11. How have you been practicing Sabbath? If you haven't been, how can we help you?
12. Spend some time in prayer together asking the Lord to help us grow in holiness and have thankful hearts for all His blessings.