

Sabbath Rest

SERMON DATE: 05/24/2026 | Exodus 20:8–11; Exodus 31:12–17

WARM-UP QUESTION:

When you think about taking a full day of rest each week, what is your immediate reaction—and what do you think drives that reaction?

PRAY TOGETHER

FOR GROUP DISCUSSION:

Read Exodus 20:8–11 and Exodus 31:12–17 aloud

Q1: *Pastor Carey’s “Rancher story” depicted a man who carried a quiet belief that “everything depended on him.” How does that mindset showing up in everyday life?*

Q2: *God commanded Sabbath as part of reshaping Israel’s thinking after slavery. Why do you think rest was such an important part of that transformation?*

Q3: *Of the five purposes of the Sabbath (honoring God, remembering deliverance, being set apart, forming trust, and receiving the gift of rest), which one stands out most to you—and why?*

Q4: *The Sabbath taught Israel that their worth didn’t come from what they produced. Where do you see people (including yourself) tying identity or value to productivity?*

Q5: *The message emphasized that Sabbath builds a “habit of trust.” What makes it difficult to trust God enough to stop working, even temporarily?*

Q6: *In the New Covenant, Jesus fulfills the Sabbath and invites us into ongoing spiritual rest. What do you think it means to “rest” in what Jesus has done, rather than striving?*

Q7: *“Many Christians live as if Jesus never died... as if everything depends on their effort.” In what ways can this mindset quietly creep into your own spiritual life?*

Q8: *The sermon described Sabbath as a gift, not a command for Christians. How does that distinction (gift vs. obligation) affect your willingness to consider practicing it?*

Q9: *The illustration of the “rubber band” described life under constant tension. What are the main sources of tension in your life—and how are you currently dealing with them?*

Q10: *Think about the four reasons given for practicing a Sabbath today (honor God, remember deliverance, exercise trust, receive the gift of rest). Which of these feels most needed in your life right now—and why?*

Q11: *If you were to experiment with a regular rhythm of Sabbath rest, what obstacles would you need to overcome? What might it look like practically for you or your family?*

Q12: *As a group, how could we encourage one another to live with healthier rhythms of work and rest so that our lives reflect trust in God rather than constant pressure?*

PRAY TOGETHER

Pray that each person would grow in trust—learning to rest in what Jesus has already accomplished. Ask God to reveal areas of self-reliance and replace them with a deeper experience of His peace, provision, and care.

A SIMPLE SABBATH PRAYER

Lord Jesus, I set aside this day to rest in You as my Sovereign King. You are in control, I am not, and I joyfully submit to You. I am able to rest today because You have delivered me from sin and self-effort by being my sacrifice and giving me Your righteousness. I choose to trust You today by resting. I receive Your good gift of rejuvenation and refreshment.