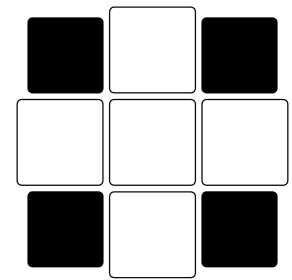


Rest for the Weary

Scripture: **Exodus 31:12–18**

Series: **Ransomed and Redeemed: Rescued by God's Grace**

Sunday, February 9, 2014



REDEEMER
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Overview

Exodus 31 expositis God's law of the Sabbath. The Sabbath is given not just for us to have rest. It is a day in which God rests. This day is meant to be a day that remembers our Father. The Sabbath is a day of rest and remembrance. Not only do we rest in a physical sense, we rest in a spiritual sense. Yes, lack of rest leads to anxiety and depression. But sin can also drive these symptoms. In the Sabbath God provides rest from sin. This rest is ultimately only found in Jesus. We look to Christ because God measures righteousness by Him. And righteousness is applied to us through Him. Resting in Jesus signals our deliverance from slavery, namely our enslavement to sin.

Corroborating Texts

Deuteronomy 5.12–15; Matthew 11.28–30; 12.1–8; John 8.31–38

Discussion Questions

1. Why is it such a severe consequence to break the Sabbath? What does this tell us about the significance of the Sabbath in God's eyes? In light of this why does the Sabbath have or not have significance today?
2. Historically, Israel was prone to forget the Sabbath. How is this still true today for us? Why are we prone to forget to celebrate Sabbath rest?
3. The Sabbath is about rest and remembrance. Rest alone is not enough. Remembrance alone is not enough. Which of the two are you prone to neglect? What must you do to adjust and celebrate the Sabbath well?
4. Have you recognized your need for rest? Have you been delivered from sin? Have one person share their conversion story. *Don't assume everyone follows Christ.*
5. Sin still can ensnare. What are some sins that rest and remembrance help protect us from?
6. Let's get real and share with one other in your group. What are some of the sinful burdens that we need Jesus to carry away?