

Getting Started

What do you like to do for fun?

Word

Read aloud Exodus 20:8-11

1. What do you discover in 20:8-11? Notice the length of the passage in contrast to most of the other commandments. What's the significance of it beginning with "remember"?
2. According to v.11, why do we keep the Sabbath, that is, cease from work one day in seven?
3. Why is it that we wouldn't think of breaking most, if not all, of the other commandments but this one is broken routinely with no regret?
4. We spent the Sundays of Lent talking about keeping Sabbath. For those of you who have attempted to keep Sabbath in the last couple of months, how has it been for you? What have been the joys and challenges? What have you learned so far about keeping Sabbath? For those of you who have not attempted to keep Sabbath, what's stopping you from trying?
5. Spend some time reflecting on the quote from Wayne Muller on the back of this insert. What does it stir within you?

Share Invite the people in your group to share any blessings or concerns they have from the past week.

Prayer Pray for each other in sentence prayers.

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May 13, 2018

God's Top Ten: Sabbath

Exodus 20:8-11

Sermon Notes

1. What is the reason why we are commanded to keep Sabbath?
2. What are you learning about keeping Sabbath from the words spoken this morning?

What if we were to expand our definition of wealth to include those things that grow only in time—time to walk in the park, time to take a nap, time to play with children, to read a good book, to dance, to put our hands in the garden, to cook playful meals with friends, to paint, to sing, to meditate, to keep a journal. What if we were to live, for even a few hours, without spending money, cultivating time instead as our most precious resource?

Although we purchase twice what we did in the 1950's, can we honestly say we are happier for it? Do we sense that our neighbors, friends, and family are more at peace, joyful, at ease? Do we feel in them a palpable sense of well-being and delight? If not, why not? Our cars are faster, our telephones reach farther, our computers are everywhere, our dishwashers are more efficient ... We have, in short, everything we ever wanted. Or do we?

The Sabbath is a revolutionary invitation to consider that the fruits of our labor may be found in the restful and unhurried harvest of time. In time, we can taste the sweetness of peace, serenity, well-being, and delight. The truth must be told: With all the money in the world, and no time, we have nothing at all.

Wayne Muller from *Sabbath: Finding Rest, Renewal, and Delight in our Busy Lives*

Events/reminders for the coming week:

People you want to pray for:

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