



## Message Discussion Guide Week of October 1, 2023

**Message:** The Ten Commandments, Part 4: Sunday Funday

**Key Scriptures:** [Exodus 20:8-11](#), [Mark 2:27-28](#)

**Preacher:** Tom Parkinson

### Message Highlights:

We live in a fast-paced world. Many of us struggle to find enough time to do all we need (and want) to do. We wish there was a 25<sup>th</sup> hour in the day.

Yet, for all our anxiety about not having enough time, we are good at wasting time. The average person spends more than two hours on social media every day – that's 6.5 years in an average lifetime!

The Fourth Commandment bids us to express our devotion to God by how we use our time:

- Just as God labored for six days and rested on the seventh, so we are called to set aside one day a week for sabbath.
- God didn't rest because God was tired, or because God didn't know what to do next. God rested to take delight in what He made. What was the point of creating if there was no time to stop and enjoy it?

We regularly ignore the Fourth Commandment. We make heroes of those who work 24/7. The Sabbath is God's gift, but we have turned it into a burden:

- We quickly turn the Sabbath into a legalism, as if being asked to stop our work is a form of punishment.
- The Sabbath was given to us by God for our pleasure, not as a burden!

There are two essential things we need to do in order to obey the Fourth Commandment:

1. **Set aside time for rest.** Rest is about more than taking a nap; it is about taking time to delight in the world that God has made.
2. **Set aside time for God.** Worshiping God is what makes rest holy. It calls on us to trust God enough to know that we can stop working and God will keep working in us and through us.

### Discussion Questions:

- 1.) Pastor Tom opened the message by describing his never-ending-to-do list. Do you feel like you don't have enough time to do all you need (and want) to do? What causes that? What things regularly get neglected on your to-do list?
- 2.) While we are often anxious that we don't have enough time, we also waste a lot of time, especially on social media. What are the "time drains" that regularly waste your time? How can you stop allowing these items to rob you of precious minutes?
- 3.) [Read Genesis 2:2-3](#)
  - a. Why do you think God chose to rest from His work?
  - b. What does it mean to bless a day and make it holy?
  - c. What do you think it means for God to rest?
- 4.) Read the Fourth Commandment in [Exodus 20:8-11](#):
  - a. What does it mean to "remember the Sabbath day?" Is it just about recalling that God rested or is it about something more?
  - b. Why does the command list family, servants, and animals as those who are to obey? How can we practically obey this part of the commandment?
  - c. Why is this commandment important?
- 5.) Why is it so easy for us to ignore this commandment? Pastor Tom said we often turn it into a legalism. What does that mean? Have you ever done that? What are the things you can and can't do on the Sabbath?
- 6.) What does it look like for you to set aside time for rest in your life? What brings you joy and delight? How can you invite your family and others in your life to rest with you?
- 7.) Why is it so important to include corporate worship as part of your day of rest? What are the challenges you experience in finding the time to worship every week?
- 8.) What is your primary takeaway from this message? What will you do this week to try to become more obedient to the fourth commandment?

**Abundant Life Tip:** Working hard 24/7 isn't a strength. Resting isn't a weakness. God designed us to have a weekly day of rest and worship, and our lives work better when we intentionally set aside one day a week as holy to the Lord.