

**The Ten
Free to Trust the Wind- Session #3
Small Group Notes**

Introduction:

If you were going to take a day off for rest, what would you do that day?

Do you feel that you get enough rest? Why or why not? Do you find yourself sometimes working harder on your day off than at your job? Why do we feel we need to do this?

Do you think our culture values rest? Why or why not?

Discuss:

1. To remember the Sabbath is an invitation to trust the King. Read Exodus 20:8

Explain: John Mark Comer states, “The word Sabbath comes to us from the Hebrew ‘shabbat.’ The word literally means ‘to stop.’ The Sabbath is simply a day to stop: stop working, stop wanting, stop worrying, just stop.” In our culture today, we have easily made Sunday to be another day in the week and yet the principle of stopping is counter to our lives. Therefore instead of Sabbath being an opportunity to get some more work in, it is designed to be a time to stop in our live and trust (Proverbs 3:5-6)

Ask:

How is Sabbath rest described in this passage?

God didn’t need to rest after He created the world. He wasn’t tired. So why then did He rest?

What does it mean to keep the Sabbath holy?

2. The Sabbath is an expression of trust. Read Exodus 20:9-10

Explain: The Fourth Commandment reminds believers that every day is a gift from God. All time belongs to Him. We are to be good stewards of the time He has allotted us. Observe that in addition to keeping one day holy, God also commanded His people to labor and do all their work in the remaining six days (v. 9).

Ask:

Is the command for Sabbath rest something that God still expects from believers today?

How is the kind of rest God commands different than the kind of rest contemporary culture values?

3. The Sabbath requires preparation. Read Exodus 20:11

Explain: When the Sabbath was instituted among the people, they had to intentionally collect a double amount of manna, they had to prepare their homes in a way so that no work was completed on the Sabbath. The principle for us to see is the intentionality that it took to prepare to enjoy the Sabbath. The old saying that expresses this principle is how “attending church on Sunday is a Saturday night decision.”

Ask:

What are some changes you need to make in order to “make every effort to enter that rest” (v. 11)?

What are some steps you can take to daily live in a Sabbath kind of rest, where you understand that Jesus’ sacrifice means you don’t have to earn God’s (or man’s) favor?

4. The Sabbath should be worshipful and restorative.

Explain: Jenn Wilkin says, “An inability or an unwillingness to cease from our labors is a confession of unbelief, an admission that we view ourselves as creator and sustainer of our own universes.” Therefore, taking one day each week to stop one’s work and to worship God can be a difficult command to keep. Whether then or now, whether living on the edge of survival or basking in plenty, people are constantly tempted to work furiously to get more for themselves. God commanded His people to

dedicate one day each week to remember that He supplied their needs and to deepen their relationship with Him.

Ask:

What does that failure to believe in God's promises have to do with our inability to rest today?

What might an inability to rest because you overcommit yourself to activities show you about where you find your true significance?

5. The Sabbath points forward to ultimate rest in Jesus. Read Hebrews 4:9-11; Matthew 11:28-30

Explain: The true enemy of rest isn't a busy calendar; it's a failure to believe in the finished work of God at the cross. Because of the cross, we know that we are highly valued by God. Because of the cross, we no longer have to prove ourselves to others because God has justified us in Christ. We can only truly enter into that state of Sabbath rest through faith, trusting in God's finished work on our behalf. When we do, we will remember that because of Jesus, there is nothing else we have to do.

Ask:

Earlier in chapter 4, the writer of Hebrews wrote about the failure of the Israelites to enter into the promised land of God. Why did they fail to enter the promised land?

Notice in the Hebrew's passage that rest isn't a specific period of time, but an ongoing state of Sabbath. Does that mean we can even rest while we are working? How so?

Have you ever experienced Sabbath rest cultivating further belief in the gospel and deeper relationship with Jesus? How so?