

Rest and Remember!

May 8, 2022 – Deut. 5:12-15

Pastor Jon Pickens



What is the Sabbath?

1. Sabbath means to **stop** or **rest**.
2. The seventh day was **set apart** by God at Creation.
3. It served as a **sign** to Israel under the Mosaic Covenant identifying them with Yahweh.

Why was the Sabbath so important?

1. The Sabbath was a **regular** reminder to Israel of their unique relationship with God.
2. The Sabbath provides much needed rest **after** six days of work.
3. The Sabbath serves to remind Israel that God is their **ultimate** rest.

What does a Sabbath look like for us?

1. The Sabbath is not a **term** of the New Covenant, but it is a **principle** to guide us.
2. A true Sabbath calls you to **rest** and **remember**.
 - a. God **designed** us to work and rest.
 - b. Resting without remembering is just a day **off**.
 - i. Remember that true rest is found in **Christ**.
 - ii. Remember the God **delivered** us from our bondage to sin.
 - iii. Remember the goodness of the **Gospel!**

Discussion Questions:

1. What was it that caught your interest about the Sabbath from the message?
2. Why is Deut. 5:15 important to understanding the Sabbath?
3. Do you think it is important for Christians to observe a Sabbath? Why or why not?
4. Is observing a regular sabbath difficult for you? Why or why not?
5. Why is both resting and remembering important to observing a true sabbath?
6. What practices do you currently do or desire to begin in your life that will help you remember the deliverance of the Lord through the Gospel?
7. What is a take-away for you from the message or this passage?

Next Steps:

1. If you would like to become a follower of Jesus, please let us know. Pastor Jon will be in the room behind the Welcome Center after the service.
2. If you are interested in baptism, let Pastor Jon know in person or email him at pj@fbclowell.org.
3. Consider joining an elective. They meet most Sundays at 11am.
4. Read the Bible with us to know God and respond to Him! Below is our current schedule.

May 2022 Two Year Bible Reading Plan				
Week 1 <i>Starting May 2</i>	Week 2 <i>Starting May 9</i>	Week 3 <i>Starting May 16</i>	Week 4 <i>Starting May 23</i>	Week 5 <i>Starting May 30</i>
Day 1: Num. 32-33	Day 1: Deut. 4	Day 1: Deut. 12-13	Day 1: Deut. 22-23	Day 1: Deut. 30-31
Day 2: Num. 34	Day 2: Deut. 5-6	Day 2: Deut. 14-15	Day 2: Deut. 24-25	Day 2: Deut. 32
Day 3: Num. 35-36	Day 3: Deut. 7-8	Day 3: Deut. 16-17	Day 3: Deut. 26-27	Day 3: Deut. 33-34; Josh 1
Day 4: Deut. 1-2	Day 4: Deut. 9-10	Day 4: Deut. 18-19	Day 4: Deut. 28	Day 4: Joshua 2-3
Day 5: Deut. 3	Day 5: Deut. 11	Day 5: Deut. 20-21	Day 5: Deut. 29	Day 5: Joshua 4-5

“And you shall not steal. And you shall not bear false witness against your neighbor. And you shall not covet your neighbor’s wife. And you shall not desire your neighbor’s house, his field, or his male servant, or his female servant, his ox, or his donkey, or anything that is your neighbor’s.”
-Deuteronomy 5:19-21

What was your big take-a-way from the message this morning?