

WORK SIX DAYS, REST IN CHRIST

HONORING THE 4TH COMMANDMENT

Sermon Questions

1. What were the two distinguishing marks of the ancient Israelites? _____
2. The Sabbath and circumcision are ceremonial laws fulfilled in Christ. (True/False)
3. The 4th commandment is still applicable today. (True/False)
4. What are the reasons given for “rest” in the following passages:
 - i. Exodus 20: _____
 - ii. Deuteronomy 5: _____
 - iii. Hebrews 4: _____
5. It is better for Christians to refer to the Lord’s day (Rev 1:10) rather than the Sabbath. (True/False)
6. The Puritans referred to the Lord’s day as the “market day for the _____.”
7. We should keep in mind that it is the Lord’s day and not the Lord’s _____.
8. How many days should we devote to working in a week? _____
9. The “rest” of the Lord’s day is stopping your secular work and being refreshed in _____.
10. The Puritans clarified that works of necessity and mercy were acceptable on the Lord’s day. (True/False)
11. Romans 14 reminds us not to _____ each other concerning the Lord’s day.
12. What should our focus on the Lord’s day be?
 - i. Christ’s _____
 - ii. Our _____ in Christ.

Discussion Questions

1. The sermon highlights that the Sabbath points to rest in Christ (Hebrews 4). How has recognizing Sunday as the Lord's day changed (or how could it change) the way you view rest—not just physical rest, but soul-rest in Jesus' finished work?
2. The Lord's day is described as the "market day for the soul," a time set apart for worship, the word, singing, the Lord's Supper, and fellowship. Reflecting on your typical Sundays, what currently nourishes your soul most on this day? What one practical step could you take this week to prioritize the Lord's day more intentionally?
3. We are commanded to work six days and rest one, yet many of us struggle with procrastination, busyness, or a 5-day workweek mentality. How might preparing better on Saturday (e.g., chores, planning, rest) free you to truly cease weekly labors on Sunday? What would "rest from your labors" look like in your household this coming Lord's day?
4. Jesus emphasized that the Sabbath was made for man, not man for the Sabbath, and that it's lawful to do good (like deeds of necessity and mercy). When you think about activities on Sunday (sports, shopping, eating out, etc.), how can you evaluate them not by rigid rules but by asking: "Does this help me rest in and celebrate Christ, or does it pull me back into the week's labors and distractions?"
5. What was your most significant take-away from this passage and sermon?

Discussion Questions for Children

1. Sunday is God's "market day for your soul"—like going to a fun store, but for your heart and spirit! What's your favorite part of being at church on Sunday (singing songs, hearing the sermon, seeing your friends, eating snacks, or something else)?
2. God wants Sunday to be different from other days so we can think about him more. What's one thing you could try next Sunday to make it more about Jesus?