

Ten Commandments

You must keep the Sabbath



IN:

- What do you do to relax?
- What is the longest holiday you have ever taken & what is the longest you have ever worked without taking a day off?
- What would be your ideal Sunday? (For many Saturday is also a day off, how does this fit in?)

UP:

- What principles should govern how we live on Sundays?
- What practical things help you to dwell in God's presence?
- READ: Matthew 6:5-15. How does the idea of praying in secret help or challenge you as you think about this commandment?
- What is your response that God is concerned that we prioritise rest?
- How can we balance keeping Sunday as a day of rest and having it as a day of worship?

OUT:

- What one thing are you going to stop, start or change in order to take this Commandment seriously
- What responsibility do we have to wider society, in particular to our non-Christian friends or colleagues, in promoting the principles associated with this Commandment?

BIBLE READING:

Exodus 20:8-11

8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Matthew 6:5-15

Prayer

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.

9 "This, then, is how you should pray:

"Our Father in heaven, hallowed be your name,
10 your kingdom come, your will be done,
on earth as it is in heaven.

11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, [a] but deliver us from the evil one. [b]'

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.