**Small Group Sermon Study Guide: Fourth Commandment**

**Matthew 11:28—Matthew 12:7 *The Holy Way: (4) Express the Lord’s R & R***

1) In his book *Shattered Tablets* Journalist David Klinghoffer suggests that the command to

rest is both the *least obeyed* commandment and also the *most needed* one, since we are so busy. Do you agree with that claim? Explain.

On the quote sheet look at John Ortberg’s sign of “hurry sickness.”

Which of the signs or symptoms of hurry sickness can you identify with?

2) The practice of Sabbath was virtually unheard of in ancient cultures.

What does this command teach us about God’s character?

3) *Remembering the Sabbath.* In Exodus 20:8, God says, “Remember the Sabbath day”

which means “Doing acts that enhance the sanctity of the Sabbath”. Deuteronomy 5:12 says, “Observe the Sabbath” which means refrain from negative acts that would desecrate the day.”

Look at David’s Gills suggestions about “remembering” and “observing”.

Which of these suggestions could you begin to practice next Sunday?

Evaluate J.I. Packer’s observations about serving the Lord on the Sabbath.

Packer gives priority to worship and Christian fellowship on Sunday over family

Fun and recreation (which are also good but secondary)? Do you agree? Explain.

4) *Read Matthew 11:28—12:7.* How do we find real soul rest in Jesus and Jesus yoke?

Dallas Willard (see quote) says the main thing we learn in the yoke is to abandon

outcomes to God’s hand.

How much of your hurry stems from a fear that you must make things turn out right in

your life?

Read Bruner’s observations about how *Christ’s yoke bring rest.*

What do you make of his teaching?

***Quote Sheet***

***Signs of Hurry Sickness***

1) Constantly speeding up daily activities—We quickly become impatient when

We are called on to wait.

2) Multi-tasking—We do or think about more than one thing at a time.

3) Clutter—stuff and tasks accumulate. We get weighed down by tasks we refuse

to do and suffer for failing to set up healthy boundaries.

4) Superficiality—trading wisdom for information.

5) Sunset fatigue—by day’s end, we are too tired, drained, or preoccupied to

Receive love from the Father or give to people around us.

--John Ortberg, ***The Life You’ve Always Wanted,***

***Remember and Observe***

“One observes the Sabbath by not only refraining from work but also refraining from

conversation about work. One observes the Sabbath by leaving aside worries, cares and sad thoughts. As John Calvin says, ‘we must rest entirely, in order that God may work in us”….

“One remembers the Sabbath by activities like “studying scripture”. We remember by keeping

it holy, different or separate. This distinctiveness is achieved by reciting benedictions, dressing differently, eating and drinking differently.” (Other authors suggest that it can be special by recreational activities like a family hike, visiting a nursing home, or serving soup in a soup line.)

--David Gill, ***Doing Right, 144-146***

***Keeping the Sabbath Holy***

How do we keep it (Sunday) holy? Answer---by behaving as Jesus did. His Sabbaths were days, not for idle amusement, but for worshiping God and doing good—what the Shorter Catechism calls “works of necessity and mercy”. Freedom from secular chores freedom to serve the Lord on his own day. Matthew Henry says that the Sabbath was made a day of holy *rest* so that it might be a day of holy *work.* From this holy work, in our sedentary and lonely world, physical recreation and family fun will not be excluded, but worship and Christian fellowship will come first.”

--J.I. Packer, *Growing in Christ, @87%*

***Christ’s Yoke Brings Rest***

After awhile, as we listen to Jesus and seek to obey his teachings in life, we find that his lessons are a better way to live, his gentleness is relaxing, and his focus is refreshing. We find that deep down in our souls we feel refreshed and renewed. There are finally no techniques for the renewal of Christians or congregations; there is simply taking Jesus seriously in his Word, especially his forgiveness of sins.

--Fred Bruner*, The Christbook,* 540

***What we most learn in the yoke***

What we most learn in his yoke, beyond acting with him, is to abandon outcomes to God, accepting that we do not have in ourselves the wherewithal to make this come out right, whatever “this” is.

---Dallas Willard, *Renovation of the Heart,* 209