



# Sermon Questions

February 18, 2024 | Scripture: Gen 2:1-3; Ex 20:8-11;  
Mark 2:23-28 (Sabbath)

Pre-study: 3 things from the sermon. Note down 3 ideas, illustrations, quotes, or points that made an impression in the sermon.

- 1.
- 2.
- 3.

## Core Questions

1. Do you practice weekly Sabbath rest? What does it look like?
2. Talk about the difference between recovery and rest. How does the concept of sabbath contribute to this distinction?
3. The Bible sees rest as both individual and communal, and worship as both public and private. Which of these comes easiest for you, and which requires most intentionality?

## Inward Grace in Action

4. At the heart of the Sabbath is God's glory. If you recoil at the idea of weekly sabbath, or treat it simply as a day off, what are you missing out on?

## Outward Grace in Action

5. Look at Westminster Larger Catechism Q118 in the box below. Whom has the Lord put you in authority or influence over, and how could you help them to honor the fourth commandment?

Q. 118. Why is the charge of keeping the sabbath more specially directed to governors of families, and other superiors?

A. The charge of keeping the sabbath is more specially directed to governors of families, and other superiors, because they are bound not only to keep it themselves, but to see that it be observed by all those that are under their charge; and because they are prone oftentimes to hinder them by employments of their own.

## WORSHIP THROUGHOUT THE WEEK

Reflect on these Scriptures:

- Exodus 23:10-12
- Deuteronomy 5:12-15
- Isaiah 58:13-14
- Psalm 92
- Matthew 12:1-14
- Colossians 2:16-23
- Hebrews 3:7-4:13

Serve: How could you work as part of the body of Christ to help someone who is very stretched to rest and worship this week?

Pray: Pray that God would give you a vision for regular rest and sabbath as a delight.

Reach out if you need assistance:

- Call our church office at 703.821.0800
- Request aid from our Deacons' Fund at [deaconsfund@mcleanpres.org](mailto:deaconsfund@mcleanpres.org)

## Additional resources:

You can find more on our dedicated series Resource Page [here](#).

**Book:** Ruth Haley Barton's recent book [Embracing Rhythms of Work and Rest](#) helps consider the place of sabbath in life.

**Book/Videos:** *The Ruthless Elimination of Hurry* by John Mark Comer is fun, convicting, and a great way back into reading Christian books if it's been a while. There's also a [companion video course on RightNow Media](#) which [you can access for free with an account through the church](#).