

Commandment #4 - "Remember the Sabbath day by keeping it holy." Exodus 20:8-11

1. What is something from Sunday night's lesson that you found to be helpful, eye-opening or troubling? Explain.

2. What does a typical day look like for you? What does a typical Sunday look like?

3. Why do you think God gave a command to remember the Sabbath and keep it holy? Why is it important? What are the benefits?
 - a. What does it mean to keep the Sabbath holy?

4. Read Isaiah 58:13-14. What does this passage say about keeping the Sabbath?

Read Mark 2:23 - 3:6

5. How do Jesus's actions and words shed new light on what the Sabbath is all about?

