July 6, 2025 | Sabbath Rest
Ross Harrison, Senior Pastor | Exodus 20:8-11

sermon notes

Exodus 20:8
8 Remember the Sabbath day by keeping it holy.

In the 4th Commandment, we discover…

1. The BEAUTY of Work

Exodus 20:9
9 Six days you shall labor and do all your work

2. The BLESSING of Rest

Exodus 20:10
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.

3. The FULLNESS of Christ

Matthew 11:28
28 Come to me, all you who are weary and burdened, and I will give you rest.

going deeper

Take a moment to pray. Confess your need for the Holy Spirit's help in illuminating God's Word to you.

Think on your favorite vacation from your job. What made it your favorite? What elements are you thinking of that highlight it to be the best?

Prior to Sunday morning, did you have any thoughts on Sabbath rest? Do you believe it's important, irrelevant, or something of the past?

Read Exodus 20:8-11

What is your current rhythm of Sabbath rest? Why/why aren't you currently practicing a Sabbath day of rest?

What keeps you from resting? Is it fear of missing out, falling behind, or feeling unproductive?

Why do we need a day of rest, as God commanded?

How does God's command to observe the Sabbath reflect His understanding of our needs?

How does obeying the command of Sabbath rest reflect our heart posture towards God?

Read and meditate over Matthew 11:28–30
28 "Come to me, all you who are weary and burdened, and I will give you rest.
29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
30 For my yoke is easy and my burden is light."

upcoming

Vacation Bible School | July 14-18 | 9am-12pm | Register online in Events
Prime Timer's Breakfast | Thurs, July 17th | 8:30am | Papa Ozz
Men's Summer Event | Sat, Aug. 9th | 3pm | See Events for more info/RSVP