

THESE NOTES GET REPLACED EVERY MONDAY, SAVE OR SCREENSHOT IF YOU'D LIKE A COPY!

Sunday, July 5, 2026

Your Rest is Commanded

Text: Exodus 20:8-11

Three questions...

1. What? I'm Commanded to Rest? v.8-10a

- Deuteronomy 5:12

2. How am I Commanded to Rest? v.9-10

- Rest & Reflect
- Genesis 2:15
- Genesis 3:17-19
- Before you're commanded to rest, you're commanded to work.
- "Rest is a weapon given to us by God. The enemy hates it because he wants us to be stressed and occupied." –Elisabeth Elliot
- "It was a favorite theme of C.S. Lewis that only lazy people work hard. By lazily abdicating the essential work of deciding and directing, establishing values and setting goals, other people do it for us; then we find ourselves frantically, at the last minute, trying to satisfy a half dozen different demands on our time, none of which is essential to our vocation, to stave off the disaster of disappointing someone. " –Eugene Peterson
- What do I reflect on?
 - God the Creator: Genesis 2:1-3
 - God the Righteous Judge
 - God the Redeemer
 - God is returning
- Respond
 - Change the Pace
 - Worship Him
 - Serve Him

3. Why am I Commanded to Rest? v.11

- Are Christians still required to observe the Sabbath?
 - Genesis 2:1-3

- Exodus 16:4-5
 - Matthew 22:36-40
 - Commandments 1-4 = Love God
 - Commandments 5-10 = Love others
 - Luke 16:15
 - Mark 2:25-27
 - We gather to worship on the Lord's Day.
 - Your calendar and your bank statement reveals what your priorities are.
 - Do the rhythms of your life display a love for God?
 - What can you change in your schedule to intentionally take time to rest with God?
 - What do you need to do to build a healthy rhythm of Sabbath?
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Access the Bible Reading Plans for Summer here:

[English Bible Reading Plan](#)

[Spanish Bible Reading Plan](#)