

## **LIFEGROUP NOTES: EXODUS 20:8-11 and DEUTERONOMY 5:12-15: REST TO REMEMBER!**

*As ever, please use (or discard!) these ideas as is most suitable for your group. Don't feel you have to use everything.*

### **Introduction:**

1. What comes to your mind when you hear the expression "Sabbath rest"? Why?

### **We rest to remember WHO RULES. Read Exodus 20:8-11 and discuss:**

2. Why does God link our rest to remembering that He made everything – without our help?
3. *"He's got the whole world in His hands ..."* In the past week, where in your life have you forgotten that God rules? With what result?
4. Where would your life be different if you regularly hit the pause button ... and rested to remember that the God who made the world rules the world, and you can trust Him to do it better than you would?

### **We rest to remember WHO RESCUES. Read Deuteronomy 5:12-15 and discuss:**

5. What does God link our rest to in v.15?
6. *"Rest is the privilege of sons, but only the dream of slaves."* What has God done for us in the gospel, according to Romans 8:15-17?
7. Where in your life do you still feel pressure to prove your worth by your own achievements? With what result?
8. Where would your life be different if you regularly hit the pause button ... and rested to remember that you can't rescue yourself and you don't need to, because God has already done it in Christ?

### **In Conclusion**

- How can we help one another to trust in the God who RULES and who RESCUES ... and to pause regularly to remember who God is, and who we are, and whose we are? How can you make "resting to remember" a regular rhythm in your life?
- Pause now to remember who rules and who rescues – and respond in praise and prayer.

*Eddie Larkman, January 2019*