

EXODUS

COVENANT PRESENCE & PURPOSE

July 2, 2023 | Reggie Roberson

WARM UP QUESTIONS: What celebrations have you seen or been a part of that have signified a new identity?

READ: Exodus 20:8-11

FOCUS: God created the Sabbath so humanity can enter His rest and delight in His presence.

OBSERVE:

- We must keep the Sabbath. After 6 days, God rested, not because He was tired, but to set an example for humanity and to enjoy and delight what He created. God blessed the Sabbath and made it holy, so we must properly observe it and engage with creation, just as He did.
- Physically speaking, keeping the Sabbath has many benefits. Proper Sabbath observation keeps your immune system and minds functioning optimally. This is how thoughtful God is!
- We must enter Christ's Sabbath-rest. This means we have an attitude of dependence on God that isn't just physical but, ultimately, spiritual. We enter this rest by coming to God with our burdens and receiving His rest for us.

TAKING ACTION:

- In what areas are you only leaning on God for physical rest but not His Sabbath rest?
- How can you change your rhythms to line up with God's word on observing the Sabbath?

REFLECT:

- Find a friend or loved one who can keep you accountable for taking God's Sabbath rest.
- Ask God to help you be a mindful and good steward of your time.

PRAY: *God, thank You for being so thoughtful of us that You created the Sabbath as a time of rest for our bodies and souls. We praise You because You are good, kind and so loving to us. Give us strategies on how to properly follow your command to observe the Sabbath by restructuring our days and weeks well. Help us to depend on You to provide rest by delighting in Your presence and learning from You. In Jesus's name. Amen.*

