

"GOD'S MAINTENANCE SCHEDULE"
The Fourth Commandment
Servants' Guide

DISCUSSION QUESTIONS

1. Take a quick bible trivia quiz. Turn your paper over and try to write down the acts of God for each of the seven days of Creation.
2. Read Genesis 2:1-3, Exodus 23:12, and Isaiah 58:13-14. What are some principles that we can draw out from these verses to help determine how we should observe the Sabbath?
 - *God sets a creation rhythm on which he rested on the seventh day to be an example for us.*
 - *God ordains rest. Even our rest is worship. Reminds us that the commandments are a means in which God protects us for our good.*
 - *Blessing associated with obedience to the Sabbath.*
3. Read Psalm 16, David's song of rest.
 - a. What are some sources of delight for the psalmist (vv.2-7)?
 - *He finds delight in the Lord (v.2)*
 - *In God's people (v.3)*
 - *In God's teaching (v.7).*
 - *In congregational worship we find access to all three of these.*
 - b. What observations help David find peace with his "lot in life" (vv. 5-6)?
 - *David understands through this reflection that God has a hold of his life.*
 - *There is confidence and hope because of this proper perspective on god.*
 - c. How do God's presence and teaching affect the psalmist (vv.7-8)?
 - *God-centered thoughts, worship, and adoration resound.*
 - *He has boldness and confidence saying, "I will not be shaken."*
 - d. How does David face the uncertainty of the future (vv.9-10)?
 - *David finds joy simply in the presence of God.*
 - *Knows that until death God is by his side.*
 - e. Given this psalm, what lessons can we learn about the importance of Sabbath rest?
 - *God gives us and commands us to rest because we have time to focus. It allows us to know God in our stillness rather than being overrun by the busy-ness of our lives.*
 - *Note that we so often need to remember God and what He has done. Humans are so prone to forget the grace of God.*
 - *It is a physical rest needed for our frail bodies but also a spiritual rest needed to refocus our souls.*
4. What are some of the hindrances to God's maintenance schedule working out in your life? How can you better arrange your life to choose what is best?
5. Share about some convictions that you gained today.