

EXODUS: A PEOPLE BECOMING

LIFE GROUP LEADER GUIDE

Sermon Date: Sunday, September 21, 2025

Sermon Passage: Exodus 20:8-11

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FACILITATING COMMUNITY

At New Hope Hermitage, we strive for people to come to Jesus, become more like Jesus, and be who Jesus intended them to be. While biblical worship and teaching are of the utmost importance, we know that biblical community is where life transformation occurs mostly. A true community isn't just a place to talk about faith—it's a place to live it out together as we seek for Hermitage to look more like Heaven.

As a leader, your role is to model care and consistency and facilitate discussion. You don't need to be perfect; you just need to be present and willing to go first to build something deeper.

What patterns should I incorporate into my life to help foster a sense of community?

- **Pray.** Pray for the Spirit to move during your group time and in the lives of the people in your group.
- **Prepare.** Listen to the sermon and allow the Spirit to work in and through you. Afterward, take the time to answer the five questions on your own.
- **Presence.** Reach out with a quick text or call to check on someone or their family. Acknowledge important events such as birthdays, anniversaries, new jobs, or answered prayers. Even a group text or card can make a significant impact.
- **Pursue.** Most importantly, walk with Jesus. Nothing can replace your personal relationship with Him.

One idea for this week...

- This week, find time to sit and be still before the Lord.

Colossians 2:6-7 (NIV), "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

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This Week's Main Takeaway

Brothers and sisters, we live in a world of relentless noise, endless striving, and digital distraction. Our calendars are packed, our minds are hurried, and our souls are tired. The modern world doesn't know how to stop, and increasingly, neither do we.

But God has not left us without a remedy. He gave us a gift—one often neglected, misunderstood, or viewed as optional. That gift is the Sabbath. And if we understand it rightly, it is not just about rest, it is about returning to Eden, freedom from slavery, and finding our true rest in Jesus.

This Week's Memory Verse

Exodus 20:8 (NIV), "Remember the Sabbath day by keeping it holy."

Five Inductive Questions

1. GOD :: What does this passage imply about **God**?

Sabbath (the Hebrew verb meaning is "to cease") is a gift from God.

This gift of Sabbath from God is about *getting* to do and not *having* to do—the focus is on rest, remembering, and worship. We are to remember God's creating and redeeming work and God's rest. Further, the Sabbath ultimately points us to a final resting day, which is affirmed in the New Testament. It also serves as a reminder of the Mosaic or Sinai covenant for God's people. In Exodus, we see that the Sabbath is rooted in creation. God did not rest on the seventh day because He was tired; He rested because He was finished. Here is the reminder that God is nothing like us. Therefore, Sabbath reminds us we are not God; He is.

How do you think the Bible defines rest? Why do you believe rest is so important to God?

2. MAN :: What does this passage imply about **man**?

Sabbath is about a weekly return to Eden and finding true rest in Jesus as His image-bearers.

Productivity is not the ultimate goal; we are not just "machines," but rather image-bearers of God. We often overlook the importance of the Sabbath because we feel we cannot afford to take a break. In truth, we can't afford *not* to rest. Ignoring the Sabbath leads us to live as if we are the "gods" of our own lives. When we neglect rest, we start to believe that we are self-sufficient, in control, and capable of handling everything on our own. The ESV Study Bible states it well: every

aspect of Israel's life was meant to reflect that the people belong to the Lord and are sustained by His hand.

Think about this statement: We can't afford not to rest. Why is this hard to do in a society that promotes doing more and more?

3. PROMISE :: Is there a *promise* to claim in this passage?

For the people of God, the Sabbath was the promise that they were God's and not Pharaoh's—we find our value and worth in God.

The Garden of Eden is a picture of what life was supposed to be—the command to live, work, and multiply, and then communion with God. In this passage, Sabbath is linked to God's resting on the seventh day from His *creative* work (Genesis 2:3), whereas in Deuteronomy 5:12-15 it is linked to Israel's *redemption* from Egypt. One commentator puts it this way: It was a picture of the rest which believers now enjoy in Christ and which a redeemed creation will enjoy in the Millennium.

4. COMMAND :: Is there a *command* to obey in this passage?

To observe Sabbath is to look forward to rest in Him, and to look back and remember what He did. We are to have a day of the week where we get to commune with God in which we anticipate for God to move. Leisure attacks Sabbath; we must see it an *invitation* and not an *obligation*. The Lord had already begun to form the people's life in the rhythm of working for six days (Exodus 20:9) and resting on the seventh day as a Sabbath (Exodus 20:10). Here the command is grounded further in the way that it imitates the Lord's pattern in creation.

How can leisure attack Sabbath? How role does holiness play in Sabbath?

5. REPENT :: Reflecting on this portion of God's Word, what can I *repent* of this week?

Do you practice Sabbath in your life? Don't you need this type of rest? When we see the way Jesus lived, we are reminded that He was never in a hurry.

Sources:

Exalting Christ in Exodus Commentary (B&H Publishing)

CSB Study Bible Notes (B&H Publishing)

ESV Study Bible Notes (Crossway)

Believer's Bible Commentary (Thomas Nelson)