

GOSPEL COMMUNITY GUIDE

Life WITH God : The Ten Commandments

Exodus 20:8-11 | August 24, 2025



CONNECT

What's something you did this week during a time of rest?

QUICK UPDATES

Share any upcoming church events and handle housekeeping for the Gospel Community.

REVIEW

Have someone read the passage out loud from the ESV translation or something similar. Reflect on any insights, questions, or parts that stood out from the text or the sermon. Then read the sermon summary below.

The Sabbath is God's way of asking us to trust Him. When He rescued Israel, He called them back into the work-and-rest rhythm He built into creation. In the same way, God invites us to step out of the slavery of busyness and into the freedom of being His children. Sabbath becomes both a gift to enjoy and a way to push back against the hurry of our culture, shaping us to live with Him all week long.

LEARN & LIVE

These questions help us grasp the truth of the passage and consider how to live it out.

- Why does God remind Israel of their rescue in Exodus 20:2 before giving the Ten Commandments?
- How does knowing God has already saved His people shape the way we hear His commands?
- In what ways are the Ten Commandments more like “family rules” than random restrictions?
- How does the question “Will you trust me?” sit at the heart of the Ten Commandments?
- Which of God's commands feels easiest for you to trust Him in? Which feels hardest?
- Why do you think we tend to see God's commands as burdens rather than gifts?
- How does remembering God's character (He sees, knows, hears, rescues) change the way we respond to His commands?
- What does this passage teach us about God's desire for a “full and flourishing life” for His people?
- What's one concrete step of obedience you sense God calling you to take in relation to the Sabbath commandment? How will you do it?

GO DEEPER

These questions invite us to slow down and wrestle with what's going on beneath the surface. Use these to go a little deeper or in your Huddle Groups.

- What stories or voices have shaped your idea of “sabbath rest”? How do those compare to what you hear in the sermon?
- Where do you feel tension between trusting God's command for Sabbath and wanting control of your own life?
- What fears or doubts make it hard for you to believe that God's rules are truly for your good?
- How does your response to the Sabbath command reveal what you really trust in?
- In what ways do you try to “work to earn” God's love instead of resting in the rescue He's already accomplished through Christ?
- How do you tend to soften or excuse the parts of God's Word that don't “fit” your lifestyle?

- What emotions surface when you hear God asking you, “Will you trust me?”
- Where is the Spirit convicting you of saying “yes” to God’s command in theory but “no” in practice?
- How is the Spirit comforting you as you remember that God doesn’t just command, He rescues first?
- What does your struggle with God’s command reveal about how you really view His heart?
- How might trusting God in the Sabbath commandment bring new freedom and flourishing in your life?

PRAY

- Pray about one way God spoke to you tonight through His Word.
- Pray by name for someone in your life who doesn’t yet know Jesus.
- Pray for the needs of those in the group.
- Pray for this ministry area of Redeemer: **GOSPEL COMMUNITIES** | Our GC’s are launching out this week. Take time to pray for your own GC and for the other Gospel Communities at Redeemer.

5 GROUP DISCUSSION RULES

We want to be full of grace as we meet, deepening our relationship with one another and with Christ. These five values help us know our **P.L.A.C.E.** in our GC’s and Huddles.

1. **Pray** - Prayer is a space for confession, struggle, and praise. Keep requests focused on yourself and your immediate family, so we can pray specifically and personally.
2. **Listen** - Be present and attentive. Share with humility, be mindful of time, and remember: silence is okay.
3. **Apply** - Answer honestly. Consider how God’s Word speaks into your life, and what it might look like to respond.
4. **Confess** - Confession and repentance are signs of maturity. We meet one another with grace, not shame.
5. **Encourage** - Practical advice is helpful, but truth is better. Speak the gospel into each other’s hearts and stories.

COMMENTARY EXCERPT:

20:8–11 Fourth commandment.

The people were to refrain from work on the seventh day, the Sabbath. According to 31:12–18 the Sabbath was the sign of the covenant relationship inaugurated at Sinai; as such it functioned like the earlier covenant sign of circumcision (Gn. 17:9–14). Anyone failing to observe the Sabbath showed their disdain for the special relationship established between God and Israel. As a result of the new covenant inaugurated by Christ the Sabbath (Saturday) was replaced by the Lord’s day (Sunday). The strict observance of the Sabbath, like circumcision, is no longer binding upon Christians.

Alexander, T. D. (1994). Exodus. In D. A. Carson, R. T. France, J. A. Motyer, & G. J. Wenham (Eds.), New Bible commentary: 21st century edition (4th ed., p. 107). Inter-Varsity Press.