



October 6, 2010 - WBS Evening Table Talk Questions

App #4: God's Rest..... Exodus 20:8-11

Teacher: Lorie Dahlstrom



Ice Breaker: TBA

Table Set:

1. Because we tend to carry on traditions, share what you did to observe Sundays when you were growing up? What practices in worship and activities have you continued? What new things do you do to make Sundays special in your home? If we worship on Saturday night at the Emmaus Service instead of on Sunday morning, how can we still observe a “Sabbath”?
2. This passage of Exodus tells us to, “Remember the Sabbath day by keeping it holy.” How does our “busy” culture make it difficult to keep the Sabbath holy and make one day different from all the others? What does “keep it holy” mean? Read Leviticus 20:7 & 26 and 1 Peter 1:16. Discuss several ways Jesus kept himself set apart from the demands on his time and the culture he lived in. (Find references if you have time) Why do you think it was it important for him to do these things? Now Read Isaiah 58:13-14. What blessings result from keeping ourselves and the Lord’s Day holy?
3. What might you do differently this week to not only have a physical rest from daily work but also a spiritual rest in order for your soul to be refreshed?

Women’s Bible Study is a ministry of Autumn Ridge Church

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