

Death by Busyness

Exodus 20:8-11

Sermon Notes

August 26, 2012

Questions for Home & Growth Groups

1. Do you ever feel overwhelmed by the busyness in your life? Do you ever feel like your life is about to run you over? Share.
2. Have you ever tried to share your stress with others and not have them sympathize very much?
3. What does the word Sabbath mean? How do we turn a Sabbath into a holy Sabbath?
4. Matt said that the Sabbath was commanded by God. He talked about King David saying, "He makes me lie down." Do you need God to be as forceful with you?
5. The Sabbath day is a day to remember what God has done. A Sabbath helps us remember who is in control (God), and who is not (yourself). Do you sometimes struggle with the illusion of control? Do you sometimes think you are in charge of everything? Why is it good to remember that you are not in control?
6. Matt talked a lot about how the Sabbath is a day to remember our true identity. What is your true identity? Where are you tempted to get your identity from?
7. The Sabbath is a foretaste of the feast to come. The author of Hebrews considers eternity in heaven with God as an eternal Sabbath; an eternal rest. Matt said that when we keep the Sabbath we are partaking in a dress rehearsal for our heavenly life in Christ. It should give us a hunger and thirst for the Sabbath rest that is to come. How would practicing the Sabbath in this way help your overall walk with God?
8. How would building your life and schedule around the Sabbath change your life?
9. What do you specifically need to change in order to become obedient to this commandment?



Pastor Matt Larson ••• Contemporary & Classic Service

*A copy of today's sermon can be purchased at the Information Center
and is also posted on our web site, paradisecma.org.*

Paradise Alliance Church • 6491 Clark Road • Paradise, CA 95969 • 530-877-7069