

# LIFE GROUP

## DISCUSSION QUESTIONS

### Sabbath Is about Resistance & Remembrance February 2, 2025

#### Summary

Pastor Jon Odom's sermon highlights the Sabbath as God's gift of rest and a way to remember who we are. Using Deuteronomy 5:12–15 and Exodus 5:4–11, he contrasts the harsh "Economy of Pharaoh," where value is based on work and production, with God's invitation to rest and worship. The Sabbath helps us resist the lie that our worth comes from what we achieve and reminds us that we belong to God, who freed us and offers rest through Jesus (Matthew 11:28–30). By practicing the Sabbath, we find freedom from the world's pressures and realign with God's truth.

#### Scripture

Afterward Moses and Aaron went to Pharaoh and said, "This is what the Lord, the God of Israel, says: 'Let my people go, so that they may hold a festival to me in the wilderness.'" Exodus 5:1 (NIV)

But the king of Egypt said, "Moses and Aaron, why are you taking the people away from their labor? Get back to your work!" Then Pharaoh said, "Look, the people of the land are now numerous, and you are stopping them from working." That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: "You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. But require them to make the same number of bricks as before; don't reduce the quota. They are lazy; that is why they are crying out, 'Let us go and sacrifice to our God.' Make the work harder for the people so that they keep working and pay no attention to lies." Then the slave drivers and the overseers went out and said to the people, "This is what Pharaoh says: 'I will not give you any more straw. Go and get your own straw wherever you can find it, but your work will not be reduced at all.'" Exodus 5:4-11 (NIV)

"Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. <sup>15</sup> Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day." Deuteronomy 5:12-15 (NIV)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11

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### Let's Start

Do you find it easy or difficult to relax, and why do you think that is?

### Gratitude and Prayer

How has God worked in your life since we were together?

### Let's Talk

1. Pastor Jon asked, "If you were to strip away all the degrees and awards and accolades, if your bank account was emptied and you lost your job or title, and you were to sit before God with nothing, where would your source of value come from?" How would you answer that question?
2. Why is the Sabbath worth implementing into your life?
3. Compare and contrast the "Economy of Pharaoh" with the "Kingdom of God."
4. How can the Sabbath help you resist finding your worth in what you do or produce?
5. How does remembering God's deliverance (Deuteronomy 5:15) shape your understanding of rest?
6. What practical steps can you take to honor the Sabbath as both resistance and remembrance this week?

### Let's Act

Pastor Jon suggested two ideas to reinforce resistance and remembrance. 1) Pick an emoji you can set apart with the specific purpose of remembrance. 2) Pick a time with a family member or friend on your Sabbath day to reflect and remember who God is.

If you haven't already, sign up for the Sabbath Challenge. You'll receive weekly emails and reminders that will help keep you accountable and offer suggestions and ideas on how to live this way practically in the midst of our busy lives.

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If you'd like to participate in the Sabbath Challenge, we'd love to hear from you! To get started, scan the QR code or text "sabbath" to 952.900.3276 to let us know you're joining. We'll also send you a weekly reminder and check in to see how the challenge is going.

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