



Sermon Discussion Questions

January 11, 2026

Exodus 20:8-11

The 4th Commandment

1. Pastor Clint explained that the Sabbath command is unique because it's the only commandment not explicitly affirmed in the New Testament. How does understanding Jesus as the fulfillment of Sabbath rest change our perspective on this commandment? In what ways do you personally find rest in Christ versus trying to find rest in other things?
2. How does viewing Sunday as the Lord's Day, rather than just another day, impact how you approach church and worship?
3. According to the sermon, what are some of the key purposes and benefits of observing the Lord's Day in our modern context?
4. How does Matthew 11:28 ('Come to me, all who labor and are heavy laden, and I will give you rest') connect to the broader message about finding true rest in Christ? What areas of your life do you need to bring to Christ to find His rest?
5. The pastor emphasized that we are 'not invincible' and need rest. How does this reality point us toward our need for Christ?
6. How has recognizing your own limitations helped you better understand your need for Christ?