



Dig Deeper Study Guide

Stroudsburg United Methodist Church - September 25, 2011

Sermon

10 Commandments:

"The Fourth Commandment"

Exodus 20:8-11

by Bob Shank

Things I want to remember about this sermon...

Monday 9/26/11

Genesis 2:1-3

From the beginning of all time, God marked and declared a day of rest. God created the universe in six days and then on the seventh day, God rested. God also blessed this seventh day and "hallowed" it. What does it mean for something to be "hallowed?" If God found the time to rest on the seventh day of Creation, don't you think you should find time to rest in each of our weeks? What kind of rest do you need? What does it mean to "Remember the Sabbath day, and keep it holy?"

Tuesday 9/27/11

Exodus 16:22-30

This story is a practical lesson on the importance of this commandment. Sometimes people learn lessons rather slowly. Are you a quick learner or are you slow to learn something of great importance? The people of God in this story did not listen. They heard the words but they didn't apply them. They still went out on the seventh day of the week to gather food, but no food was there. In the end, they learned their lesson and rested on the seventh day. Have you learned this lesson yet?

Wednesday 9/28/11

Leviticus 26:1-2

God's commands are clear. God doesn't beat around the bush or make commands lightly. There is no question that God expects certain things to be done in specific ways. "You shall keep my sabbaths and reverence my sanctuary: I am the Lord." Is there any question about what this means? Sometimes we muddy the waters because we don't like something God wants us to do. Why do we resist this commandment? Do we think we have such important things to do that they cannot wait to be accomplished in due time? Why do we think everything has to be done immediately? Are we spending our time wisely? Do we think too highly of ourselves? Why do we have such trouble keeping and obeying this commandment?



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Things to do this week in response to the sermon...

What does it mean to honor my mother and my father?

How can I honor my parents today?

Thursday 9/29/11
Mark 2:23-27

The Pharisees challenged how Jesus himself seemed to be breaking this commandment. He and his disciples were plucking the heads of grain on the Sabbath Day, which was a big no no. When confronted and being accused of breaking the fourth commandment, Jesus replied, "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath." What does this mean to you? Are there other ways we take this commandment and apply it wrongly today?

Friday 9/30/11
Hebrews 4:1-16

This is a longer passage than I normally give in this Study Guide, but these words are not only informative; they are powerful. Read through this passage and reflect carefully on these words. Then read it again and let the words sink deep into your mind and into your soul. Reflect on their meaning. Are you finding rest in the Lord? Do you trust in God even with your very life? These words are powerful and they provide hope beyond measure. Trust in these words and believe in them!

Saturday 10/2/11
Matthew 11:28

This is one of my favorite verses of scripture. It is often used as a dismissal after we celebrate holy communion at the railing. We are reminded of these words of Jesus and they provide both comfort and hope to us. "Come to me..." Jesus wants to be in relationship with us. He wants to be our constant and guiding companion. "I will give you rest." Jesus knows that we have many burdens that weigh heavy on our minds in this life. He wants to release us of these burdens. So come to him and find rest in your life.