

# DISCUSSION GUIDE

THE FOURTH COMMANDMENT  
The Ten Commandments — Week 6

**ICEBREAKER:** What do you take for granted the most?

**OVERVIEW:** The fourth commandment is the most controversial commandment. It is the only commandment not affirmed in the New Testament. Is the Sabbath still binding on Christians today? Is the Sabbath on Saturday or Sunday? What activities are allowed on the Sabbath? How does the Sabbath apply to us today? In this study, we will go deeper with the meaning of the Sabbath for the Israelites, and the meaning of the Sabbath for Christians living in the twenty-first century.

1. Read Exodus 20:8-11. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Read Leviticus 23:3. How were the Israelites to observe the Sabbath?
3. Read Exodus 31:16-17. What does it mean that the Sabbath was the sign of the covenant?
4. What is the difference between Seventh-day Sabbatarianism, Lord's Day Sabbatarianism, and Fulfilled Sabbatarianism?
5. Read Hebrews 4:9-10. What does this passage teach about the Sabbath?

6. Read Colossians 2:16-17. What does this passage teach about the Sabbath?
7. Read Romans 14:5. What does this verse teach about the Sabbath?
8. Is the Sabbath still binding on Christians today? Explain.
9. What lessons does the Sabbath commandment have for Christians today?
10. Read Hebrews 10:24-25. Are you obeying this verse sufficiently? Explain.
11. What does the Sabbath command teach us about work?
12. Taking one day off each week is the Bible's answer to workaholism, but hard work is the Bible's answer to laziness. Are you more prone to workaholism, or to laziness? Explain. What can you do to grow in this area?

**The Last Word:** The Sabbath has been fulfilled by Christ, and we keep the Sabbath now by trusting in Christ and resting from good works. We put all faith in Christ, and no trust in our good deeds.