



new life fellowship

Sermon Title: The Ten Commandments, How Free People Live – Remember the Sabbath

Speaker: Rich Villodas, Lead Pastor

Scripture: Exodus 20:8-11

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work 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 manservant or maidservant, nor your animals, nor any foreigner within your town.

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

Sermon Outline:

1. Work has morphed into a religious identity.
2. God creates Adam to work.
3. In context this commandment was given to generations of slaves.
4. God both loves us and commands us.
5. You are to rest because this is what God did.
6. He rested so we can truly be alive.

5 Truths about Sabbath:

- Sabbath is not a reward for hard work, it is a gift to be received.
- Sabbath is a reminder that our work will remain incomplete.
- Sabbath is a day that moves us from production to presence.
- Sabbath reminds us we are not God.
- Sabbath points us to the deeper rest we need.

Sermon Summary:

This Sunday Pastor Rich Villodas continues the series on the Ten commandments. This week we focus on the fourth commandment, keeping the Sabbath holy.

Sermon Questions:

What words or phrases from this scripture passage resonated in you as you read them? Why?

- How does this scripture connect for you the topic that was discussed today? How so?
- In your family of origin what was the importance put on work? How did it shape your views of rest?
- Do you ever feel you have not earned rest/Sabbath?
- What is your most difficult barrier for finding time for Sabbath?
- How can you incorporate Sabbath in your life to be present with family/friends/God? Make a plan this week on how you will remember the Sabbath.