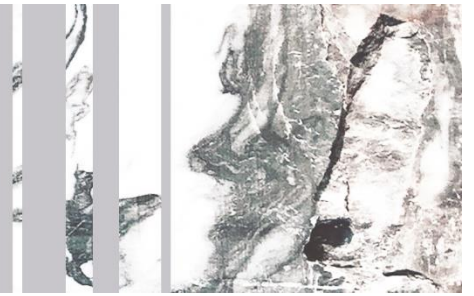


EXODUS

God Instructs His People

Exodus 20



READING/DISCUSSION

Read **Exodus 20** together.

- How did this sermon/text deepen your faith? How did it challenge you? Explain.
- What did this passage teach you about God? What did it teach you about yourself? How does this passage impact how you view God, yourself, and others?
- Which day from the daily work resonated with you most? Why? Which day challenged you most? Why?
- What is your understanding of “law”? What is your understanding of “grace”?
- What is the greatest commandment and what does that look like in your life?
- What other “gods” do you battle in your life?
- How does this passage, sermon, or daily work challenge you to live differently?
- Dan said that we have a hard time with authority; we want spirituality without morality, and transcendence without being told how to live. Do you feel this way in your own life? How have you seen that in our culture?
- Which of the commandments about honoring God stood out to you most and why?
- Which of the commandments about honoring people stood out to you most and why?
- Do you naturally see God’s rules as an expression of his love? Why or why not?
- How is the Holy Spirit working in your heart to make you the sort of person who naturally honors God and others, not because of a rule, but because of your new nature?

ENCOURAGEMENT

- What do you sense God doing in you that you need to respond to?
- What do you sense God doing around you that you think he is inviting you into?
- What do you sense God doing through you that you need courage for?

ACCOUNTABILITY

At this time, the group may want to split into smaller, gendered groups.

- Who are you in God’s eyes? Who are you in the eyes of this group?
- What has your time in God’s Word and prayer been like this week?
- What have you learned from Exodus 20 this week?
- How have you loved God and loved others this week?
- Where have you wrestled with temptation this week?
- What strongholds have you wrestled with this week?
- Have you been 100% honest?

PRACTICE

As followers of Jesus, we want to practice the ways of Jesus. When we study the New Testament, we see followers of Jesus practicing a time of rest, called Sabbath. Try practicing Sabbath sometime within the next month. In her book, *The Spiritual Disciplines Handbook*, Adele Calhoun says to “Plan a 24-hour period you can enter with anticipation. The night before your sabbath, remind your body how long it has to luxuriate and rest in God. Consider the things that would nourish you: worship, music, a nap, making love, walking, reading, playing with children, afternoon tea, Bible meditation, prayer, etc. Plan them spaciosly into your day and an entire day set aside with God.”

In the space below, write out the day on which you plan to practice Sabbath:

Next, in the space below, plan how you'll spend your Sabbath. Remember, this doesn't include errands, technology, or work. This day should be spent delighting in God.
