Exodus 20:8-11

**Enjoy!**

1. Besides church, what are some of your favorite Sunday activities?
2. How did you spend Sundays as you were growing up? How does our culture treat Sunday the same today? Different?
3. Why is it important that we set aside one day a week for physical rest? What happens if we do not?
4. What are some ways you spend your Sabbath in spiritual reflection? Is this important? Why or why not?
5. How can the Sabbath deteriorate into legalism and joyless obligation? Give some examples.
6. How does the Sunday worship experience impact our relationship with the Sabbath? Read Hebrews 10:24-25.
7. Read Romans 14:5-8 and Colossians 2:16-17. What kind of approach does Paul encourage regarding the Sabbath?
8. How do we balance ministry, volunteer or otherwise, with the taking of a weekly Sabbath?
9. Joy Davidman wrote, “We don’t want people who come to church because the golf course is closed, but people who prefer God to Golf.” What does our obedience of the commandment say about our priorities or gods?
10. What Kinds of things can you do as an individual or family to prepare for the Sabbath?
11. What are some steps you can take to make Sunday a genuine joy?