



**A Mandatory Gift**  
*The Fourth Commandment*

**Day One**

Read: Joshua 8  
Discuss: *Can you put Joshua's military strategy in your own words?*  
Learn: Psalm 119:105  
Praise: *An attribute of God*  
Pray: *Missionaries*

**Day Two**

Read: Mark 6:14-29  
Discuss: *John the Baptist*  
Learn: Psalm 119:105  
Praise:  
Pray: *Salvation of others*

**Day Three**

Read: Mark 6:30-56  
Discuss: *Did Jesus ever rest?*  
Learn: Psalm 119:105  
Praise: *Salvation*  
Pray: *Pastors and church ministries*

**Day Four**

Read: Psalm 24  
Discuss:  
Learn: Psalm 119:105  
Praise: *God's creation*  
Pray: *Government and military*

**Day Five**

Read: Hebrews 10:1-18  
Discuss:  
Learn: Psalm 119:105  
Praise: *God's provision*  
Pray: *Friends and family*

**Big idea:** God built the Sabbath principle into the order of \_\_\_\_\_, therefore it should still be observed \_\_\_\_\_.

**I. For Christians, the Sabbath has greater \_\_\_\_\_ than in the \_\_\_\_\_**

-Psalm 95:

-Hebrews 4:1-10

*God's rest....*

- \_\_\_\_\_ at the new birth
- \_\_\_\_\_ by the gospel
- \_\_\_\_\_ self-satisfaction
- \_\_\_\_\_ peace amidst life's  
agitating \_\_\_\_\_

**II. For Christians, the \_\_\_\_\_ of the Sabbath is not as important as the what**

Option 1:

Option 2:

Option 3:

**III. For Christians, observing the Sabbath must \_\_\_\_\_ around the \_\_\_\_\_**

- *Christ enables us to \_\_\_\_\_ from our \_\_\_\_\_*

- *Christ enables us to \_\_\_\_\_ from our \_\_\_\_\_ stress*
  
- *Christ enables us to \_\_\_\_\_ the Christian \_\_\_\_\_*
  
- *Christ enables us to \_\_\_\_\_ God's creation and \_\_\_\_\_*

**Conclusions and Applications:**

## Follow Up Study Questions

For the week of November 28, 2010

1. In Mark 6, how many times does Jesus talk about solitude, rest, and prayer?
  
2. Write down any observations from these occasions from the life of Christ.
  
3. Pastor Mike mentioned Elijah in 1 Kings 19:1-7. What was the broader context? How did God deal with Elijah? Why do you think this was?
  
4. What things in your life are hindering true rest? Be specific (example—T.V. during meal times?).
  
5. Take each of Pastor Mike's main points and write down a concrete way to practice it right away. What will you have to do to follow through?