

GOD'S GOOD DESIGN FOR REST, PT. 2

DEUTERONOMY 5:12-15

CHURCH GROUP SERMON DISCUSSION GUIDE – OCTOBER 26, 2025

SCRIPTURE READING

Deuteronomy 5:12-15 (ESV)

12 “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

ICE BREAKER QUESTION

When was the last time you had a fully restorative rest? What were the circumstances preceding and surrounding that time? What form did your rest take? And how did that rest lastingly impact you?

SERMON RECAP

To our restless souls, the Savior offers the gift of rest—not just for our bodies, but for our souls as well. One of the ways that we live along the grain of God’s good design is that, as image bearers of God, we rest.

- Rest is an opportunity to rejoice in your limits. Deuteronomy 5:15
- Rest is an opportunity to remember our Savior. Matthew 11:28
- Rest in Christ while you work throughout the day. Romans 12:2
- Rest in Christ as you sleep at the end of your day. 1 Peter 5:7
- Rest in Christ on your day off for one whole day. Genesis 2:1-3
- Rest in Christ as you anticipate that great day. Hebrews 4:9-11

DISCUSSION QUESTIONS

Observation: What does this passage say?

1. Read Deuteronomy 5:12-15 aloud as a group. Before interpreting or applying the passage, share observations about it.
 - In the context of this passage, (a) who was speaking, and (b) to whom did he speak? (Deut 5:1)
 - What was the main subject of the speaker’s words? (Deut 5:2-5a)
 - Whose words did the speaker share? (Deut 5:6-10)
 - What does the passage say about the Sabbath day? (Deut 5:12-15)
 - To whom do these words apply? (Deut 5:14b)
 - What is identified as the basis of this passage’s Sabbath day invitation? (Deut 5:9-10, 15)
2. How would you explain or summarize the main point of today’s passage in your own words?

Interpretation: What does the passage mean?

1. Exodus 31:16 and Ezekiel 20:12, 19-20 indicate that the Sabbath is a covenant and sign of Israel’s relationship with the Lord. How does the believer’s rest, from and in the Lord, reflect (a) His character, and (b) His covenantal faithfulness? How might the believer’s acceptance of His invitation to rest shine His light in the darkness (cf. John 1:5)?
2. In Ezekiel 20:13-17, what does the Lord say about those who did not accept His invitation to enter in into His Sabbath rest? What does His word in this regard tell us about (a) His character, and (b) His covenantal faithfulness?
3. What is the basis of the Lord’s covenantal faithfulness? (Deut 5:10, 15)
4. What stands out to you most as you read and consider today’s passage?

Application: How can we apply this passage to our lives?

1. If you find it hard to rest well, why might that be?
2. What is the impact of the believer's rest-less life (a) on that believer, (b) on those around them, (c) on their relationship with the Lord, and (d) on their life's testimony of the Lord?
3. Read Romans 12:2. How might your life change as you increasingly resist conformance to this world, and, instead, increasingly anchor your life to the harbor of Christ? How might your life change as you increasingly trust that, because of the work of Christ, you have the approval of - and rest in - the Lord of the universe?
4. Prayer may be the greatest tool in the believer's toolbelt for increasingly resisting conformance to the patterns of this world and, instead, being increasingly transformed in Christ. The Scriptures tell us to pray without ceasing. How might a believer's continuous prayer of confession and surrender to the Lord lead to their greater experience of His rest? How might it change their responses to question #2 above?
5. Consider the area(s) of your life where you need to actively rest in Christ:
 - Do you need God's help to rest in Christ as you work?
 - Do you need God's help to rest in Christ before you sleep?
 - Do you need God's help to rest in Christ by resting one day each week?
 - Do you need God's help to rest in Christ by hoping in His return?

Express your needs to the Lord and ask for His help.