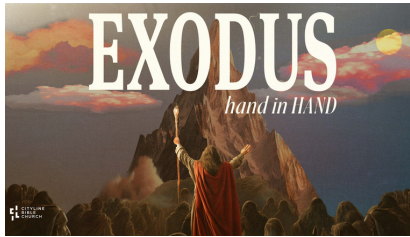


REST AND REMAIN



Exodus 16:22-36

Sermon by Pastor Mo

Sermon Outline

1. Prepare for your sabbath rest (vs. 22-23).
2. Bear the fruit of obedience (vs. 24-26).
3. Avoid the consequences of disobedience (vs. 27-28).
4. Enjoy a season to rest and remain (vs. 29-30).
5. Remember what God has done (vs. 31-36).

Ice Breaker

Do you now, or have you ever, practiced a weekly sabbath? What does this look like for you?

Application

1. Sabbath rest is a creation ordinance, meaning it is part of the way God created the world (by resting on the seventh day). Why did God choose to rest in his act of creation?
2. When we participate in Sabbath Rest, we are letting God know that we are not self-sufficient. How does this challenge the idols of our day?
3. Why is sabbath different than a vacation?
4. It takes preparation if you want to start incorporating real spiritual rest into your weekly rhythm of life. What are some steps you can take to prepare for a weekly sabbath?
5. Israel was instructed not to gather food on the sabbath. Why did God instruct this? What might this mean for your own life?

Jesus is our ultimate Rest and the true Bread from Heaven. We can enter our rest with God because Christ's body was broken for us on the cross. Remember these truths during holy week as we prepare to celebrate Christ's glorious resurrection on Easter Sunday.

