



Do Not Disturb

Staying Focused in a Distracted World
September 10th - 24th



Sept. 24, 2023

A Reminder of Your Identity

Exodus 20:8-11

What do you want to focus on?

Why rest?

- It's in the 10 Commandments.
- It receives the most attention of the 10 Commandments.
- It is an unnatural discipline in a fallen world.

Lessons we learn from Scripture about rest:

- Rest to restore rhythms.
- Rest to resist cultural anxiety.

Rest to remind yourself of your identity.

Develop a mindset of rest.

Other Scripture: Deuteronomy 5:12-15

Further Study

Read: Exodus 20:8-11 in your group or with at least one other person.

1. Have someone read it while everyone reads along.
2. Have someone else read it while everyone else listens.
3. Have someone recount the text from memory in their own words.

Discuss:

1. What does the passage reveal about God?
2. What does the passage reveal about humanity?

Act:

1. If this passage is from God, what should change about how you live?
2. Who needs to hear the truth of this Scripture that you can share it with this week? Identify a time this week when you might have the opportunity to share with them.