



# LARGE GROUP LESSON

## READ EXODUS 20:8-10

### MAIN POINT

God says we need to rest on the Sabbath, the day of worship. He says work hard for six days, and then take a little break. Sounds like a nice suggestion, right?

But wait, look where this passage falls. If we go back a few verses, we read, “You shall have no other gods before me. You shall not make any false idols.” If we read ahead, we’ll read that we need to honor our parents and that we should not lie, steal, or kill.

Rest isn’t just a suggestion. It’s a commandment! It’s number four of the Ten Commandments. Rest is so important, God says that failing to rest is a sin.

God made us to need rest, and we need to get our rest if we are to give God our best service.

### DRIVE IT HOME

How many of you have stayed up super late at a sleepover or a party? Did you have to get up early after that party? How did you feel the next day?

Our bodies need rest, don’t they? If we don’t get sleep, our bodies are sluggish and slow. We can get hurt more easily, and we might even fall asleep in the middle of something important. Adults who don’t get enough sleep sometimes fall asleep behind the wheel of the car. Talk about scary!

Our minds need rest as well. Even if your body doesn’t feel tired, your mind will. You won’t be able to concentrate very well if you don’t get sleep. You can’t work or study or concentrate very well if you are low on sleep.

God wants us to rest something more than our minds and bodies. He wants us to find rest for our spirits too. That’s why he chose a day of worship for us to get extra rest. Sundays should not be a day of constant running around and working and being busy. Sundays should be time to relax, to kick back, and to reflect on the good things God has done for us.

We talk a lot about the plans God has for our lives. We are all part of the body of Christ, and we all have a part to play in that body. But just as our physical bodies need rest, the parts of the body of Christ need rest to do the work God planned for us.

Getting rest isn’t something your parents say to get you out of their hair. It’s not just a suggestion or a good idea. It’s God’s will for all of us. Let’s learn to get the rest we need so we will be ready to do the work of God’s hands.

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## **CLOSE WITH A SIMPLE PRAYER**

*Dear God,*

*Teach us to slow down, to rest, and to renew ourselves so that we can better serve you.*

*In Jesus' name,*

*Amen*