



new life fellowship

**Sermon Title: Life Beneath the Surface – Sabbath**

**Speaker: Rich Villodas – Lead Pastor**

**Scriptures: Exodus 20:8-11**

<sup>8</sup> “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

### **Sermon Summary:**

This Sunday, Pastor Rich will continue our sermon series, Life Beneath the Surface. He will offer a fresh perspective on the ancient practice of Sabbath-keeping as a way God helps us to slow down to explore our interior lives. Sabbath-keeping is one of New Life’s most important values, and through this message, we hope you will start the journey of keeping the Sabbath or deepen it.

### **Sermon Questions:**

1. Read the Scripture passage. Why do you think the fourth commandment is the longest?
2. What is your relationship with work like (whether it be your profession, to-do list, and/or chores around the house? Have you experienced making what you do and accomplish your identity or primary place of value (as a student, parent, profession, volunteer etc.)?
3. Which of the 5 Sabbath truths do you need the most right now?
  - 1- Sabbath is not a reward for hard work
  - 2- Sabbath is a reminder that our work will remain incomplete
  - 3- Sabbath moves us from production to presence
  - 4- Sabbath reminds us that we are not God
  - 5- Sabbath points us to the deeper rest we need (for our soul)
4. What is one step you can take to begin to incorporate Sabbath as a spiritual formation practice or to broaden and deepen your Sabbath if you have already begun practicing Sabbath? Remember to take time to stop, rest, delight and contemplate.