



Cuyahoga  
Valley Church

# SERMON STUDY GUIDE

Week of 2.11.24  
Exodus 20:8-11 // Joe Valenti

Please take the opportunity to revisit the CVC Equip  
Portrait of a Healthy LifeGroup on a regular basis

## ① CONNECT (10 MIN)

If you had an extra weekend day every week, what would you spend it doing?

## EXPLORE (30 MIN)

### Create Context (5 min):

Watch the Sermon Recap Video [HERE](#).

### Study & Discussion (25 min)

- ② In the sermon on Sunday, Joe mentioned two ways of thinking about time: chronos time (sequential, quantitative) and kairos (fluctuating, qualitative).
  - What is your default way of thinking about time?
  - What specific struggles do you think that Americans face when it comes to thinking about and living in kairos time?
- ③ In his sermon, Joe mentioned 4 ways of thinking about the Sabbath (7th Day Observance, Christian Sabbath, The Lord's Day View, and The Oblivious View). Which of these views do you feel you default to, and why? In what ways does your background/history contribute to your default view of the Sabbath?
- ④ In Genesis, God rests on the 7th day not because He is tired, but because He is taking intentional time to enjoy His creation. Why is it significant that God sets this example for us even though rest to recuperate wasn't something He needed?
- ⑤ Read Mark 2:27-28. In his sermon, Joe stated that "Jesus is Lord of the Sabbath. It's not about rule-keeping, it's about trusting (and resting) in Christ." What does it look like for Christians today to keep the Sabbath, not legalistically, but in a way that honors God and gives rest?
- ⑥ Read Colossians 3:23-24. Think about the job(s) or the work that you do – paid and unpaid. What does it look like to do the work that the Lord has given you to do in a way that brings honor, and glory, to Him? In a way that shows your love and devotion for Him?



- ⑦ Read Colossians 2:8-17. Focus especially on verses 16 and 17. What does it look like to try and keep the Sabbath while remembering that keeping the Sabbath does not give us our salvation?
- ⑧ What is the difference between rest and laziness? What is the difference between rest and vacation? Do you ever struggle to differentiate between these categories?

## ADDITIONAL RESOURCES

- Sunday Sessions: Baptist Faith and Practice - The Lord's Day; Raquel Schors:  
[https://open.spotify.com/episode/1O7NEEpFlGcoqOokl5u3A7?si=kyucJR82RpCpj\\_V13N2egQ](https://open.spotify.com/episode/1O7NEEpFlGcoqOokl5u3A7?si=kyucJR82RpCpj_V13N2egQ)
- The Gospel Coalition - Knowing the Bible: Exodus:  
<https://www.thegospelcoalition.org/course/knowning-the-bible-exodus/>

## APPLY (20 MIN)

- Joe stated several times on Sunday that there is no one right way to think about or practice Sabbath rest. Based on your study and convictions, what do you think is a good way for you (and, if applicable, your family) to practice Sabbath in this season?

## PRAY (15 MINS)

- Pray for God's wisdom to help you rest in Him, on the Sabbath and in all areas of life.
- Spend some time thanking God for His providence in your life, and asking Him to help you remember that it is He who does provide all things - therefore, we are able to rest in Him.



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# EQUIP ANNOUNCEMENTS

Week of 2.11.24

Please take a moment to share these announcements with your group.

## CVC WOMEN'S MINISTRY

### Women's Breakfast

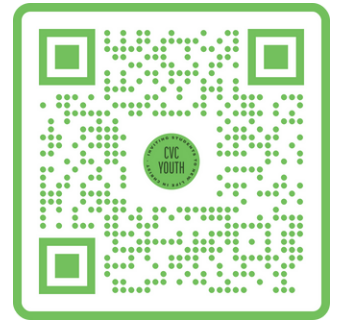
You are invited to join the Women's Ministry of CVC on Saturday, February 17th from 9:00 AM - 11:00 AM at Cuyahoga Valley Church for a Women's Breakfast! This time of fellowship will include space for discussion, teaching, and prayer. Breakfast will be provided free of charge. Please register [HERE](#) so that we can know how many breakfasts to order! And remember this breakfast is open to all women - so please invite your friends! You can register by texting the keyword "breakfast" to 440.276.5575, or by filling out the form



## CVC YOUTH

### CVC Youth - Winter Retreat

At CVC Youth's Winter Retreat, we are inviting students into a life of freedom in Christ, not out of obligation, but out of obedience. Join High School and Middle School students from all around North East Ohio as we enjoy one of our favorite weekends of the year. Winter Retreat 24, night & day will be filled with new friendships, fun memories, new adventures, and lots of laughs. You can register [HERE](#).



## SAVE - THE - DATES

Walk Worthy Men's Conference: March 2, 2024