



Grace Assembly Of God

CHAPTER-BY-CHAPTER BIBLE READING DEVOTIONAL

Scripture:	Exodus 20	Title:	The 4 th Commandment
Author	Joseph Ooi		
Summary of Chapter	Exodus 20 begins with “And God spoke all these words: I am the LORD your God, who brought you out of Egypt, out of the land of slavery”. Then what follows is a set of stipulations that were to form the basis of Israel’s covenant relationship with God. Collectively, they are known as The Ten Commandments.		

Key Verse(s) NLT	How does it speak to me?
<p><i>⁸ “Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD you God...</i></p>	<p>We live in an incredibly frantic world. Our days are packed with meetings and a long list of things to do. Our minds are often preoccupied with anxieties about tomorrow. And we find ourselves working longer hours, and sleeping less. Working from home has compounded our stress level. We now zoom from one meeting to another. It is very tempting to use weekends to catch up on our work - to get a few more things marked off the “to-do” list.</p> <p>The 4th commandment reminds me that I am to observe the Sabbath day. I am to keep it holy by ceasing from my normal work and dedicating the day to God. To do this, I have to let go and trust God to provide. On weekends, I set aside an extended block of time to study and meditate on God’s word, leisurely and soaking in His presence. In addition, I take timeout by taking a walk in the nature.</p> <p>A university once invited me to spend a year in the US and help teach a course. I was keen. My Dean approved my sabbatical on one condition – I should not teach during my sabbatical. Instead, he wanted me to take a rest from teaching; a time out from my normal routine to have space to read, think and conceive new ideas. This set me up for a productive season that follows.</p> <p>In closing, God knows we need rest desperately. So much so, he commanded it: “Remember to observe the Sabbath day by keeping it holy.” When did you last take time to rest and commune with God?</p>

APPLICATION REFLECTIONS

Adult:	How can I apply the 4 th commandment in my life? If you are in the leadership position, how do you ensure your staff (or children) have sufficient rest?
Youth:	What is Sabbath rest? Does it include watching television, engaging in social media, or playing computer games?
Child:	How do you spend your sabbath? Plan and set aside 20 minutes each week with God. What would you do?

PRAYER

Praying Scripture:	Dear heavenly Father, I thank You for creating this beautiful world for us to live in. I worship You as my creative Creator. Help me to pause and hear what You are saying to me. Help me to take better care of the people and the world You have given to us.
Thanksgiving Prayer:	I/We thank you for _____ (e.g. delicious food we ate, places we went, prayer that was answered, etc)
Intercessory Prayer:	I/We want to pray for _____ (e.g. healing of sickness, family members, work or study, leaders, nation, etc)
Salvation Prayer:	I/We pray for the salvation of my/our unsaved loved ones _____ (add one name per day). In Jesus’ Name I/we pray. Amen.