

SABBATH

April 30th, 2023

MESSAGE RECAP

This week's message is specifically focused on the sabbath. The Sabbath was more than a commandment, it was a gift from the Lord of the Sabbath (Mark 2:28). Unfortunately, we still struggle with taking time off and really practicing the sabbath. Yet, the Sabbath should be the one day we look forward to most. This week will be a challenge but one worth taking. Practicing the Sabbath may very well be the gift you need to rest in the Lord.

GROUP DISCUSSION

1. After listening to the message/series, what stood out to you? What has been the most challenging to you. What do you hope to practice going forward?
2. How would you respond to the following questions. Be Honest.
 - a. When was the last time you took a true day off?
 - b. When was the last time you slowed down the chores, projects, and busyness?
 - c. When was the last time you shut off all distractions for more than an hour?
 - d. When was the last time you slowed down and simplified your life on what matters most?
3. Read [Exodus 20:8-11](#) and talk through different ideas that stand out. Why would God make this a commandment alongside the others?
4. Read [Mark 2:27-28](#) and talk through the idea of Sabbath from Jesus' perspective. Why did Jesus have to clarify the true reason for Sabbath? In what ways have you been created for the Sabbath?
5. We said there are "4 Priorities of Sabbath." Talk through these and how you might better practice these.
 - a. **Stopping**
 - b. **Resting**
 - c. **Delighting**
 - d. **Worshiping**
6. How can your family try practicing the Sabbath? How could you make it the best day of the week?

PRAY

End your group time in prayer.