

Small Group Discussion Guide — November 3, 2019

- Series: Sacred Rhythms
 - Sermon: Work and Rest
 - Scripture: Exodus 20: 8-11, Mark 2: 27-28, Matthew 11: 28-30 (NLT)
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FOLLOW-UP FROM LAST WEEK:

How did reading the creeds or practicing breath prayers help you stay mindful and rooted in Christ this week?

CONNECT:

1. What stuck with you from this week's service? Did anything create a question for you?
2. What is your favorite way to unwind after a long day or week?

ENGAGE:

1. Read Exodus 20: 8-11 (NLT).
 - According to these verses, what should a Sabbath day look like?
 - What is the reason given for this command?
 - How do you think the Israelites viewed this command? How was it countercultural?
2. Read Mark 2: 27-28
 - What do you think Jesus means by saying the Sabbath was made for us, not us for the Sabbath? What difference does this make in how we obey this commandment?
 - How do Jesus' words enlarge your understanding of the Exodus commandment?
3. Read Matthew 11: 28-30.
 - What burdens were the people carrying who heard Jesus' words?
 - What is the invitation here? Why is just knowing *about* Christ not enough to ease our burdens?

APPLY:

1. How often do you feel weary or weighted down? What are you carrying that is heavy? In other words, what causes you to *strive*?
2. The commandment to remember the Sabbath is one we often forget or intentionally ignore. Why do you think we do this? What is our disobedience rooted in?
3. What does it look like to actually come to Jesus for rest? How would your life look different, and how would your soul be different if you truly rested one day each week?
4. What three steps can you take toward Sabbath rest for one day of your week?

PRAY:

Father, thank you for the gift of rest. We need it in order to be who you created us to be and to hear your voice. May we not strive and grasp for control in areas we are not meant to control. Give us courage and faith to honor the Sabbath, knowing you will provide everything we need. In Jesus' name, Amen.

GOING DEEPER

If we obey this commandment to observe one Sabbath day per week, we will have one year of Sabbath rest by 2026 (seven years from now).

To accept God's gift of rest, consider the following suggestions for honoring the Sabbath:

- A 6pm - 6pm period (Saturday through Sunday for example)
- Observe the Sabbath with someone else - a friend or family member makes it easier.
- Begin with something fun, like a family dinner, a quiet walk, or favorite music.
- Do restful things, such as reading, writing, visiting with friends, sleeping, etc.
- Limit technology so you can reduce the white noise, live simply, and hear from God.

Remember the spirit of this commandment. Do things to be able to hear God. Eliminate the things that drown out his voice or distract you from listening.

REFERENCES:

"To remember the Sabbath is not a burdensome requirement from some law-giving deity - 'You ought, you better, you must' - but rather remembrance of a law that is firmly embedded into the fabric of nature."

Wayne Muller, [Sabbath](#)