



SMALL GROUP DISCUSSION GUIDE

Speaker: *Pastor David Kim*

Part 5: *Shabbat Shalom (Sabbath Peace)*

Opening Question: Do you have a rhythm of Sabbath Rest/Peace? What does it generally look like in your life? Share with your group.

1) **READ Nehemiah 8:5-12** as a group. What are some key insights or phrases that jump out at you?

2) Pastor David's first point was that ***Shalom comes from Sabbath***. He mentioned that there was a direct correlation between the observance/lack of of Sabbath and one's heart. What do you think he meant by that? *Cf. Genesis 2:2 & Exodus 20:8-11*.

3) Do you feel like you need to prioritize the Sabbath in your life today? What steps can you take to keep it holy from this day forward?

5) What is one practical way you can intentionally delight in the good gifts of God in your life on the Sabbath?

6) Where do you need to experience Shalom in your life the most (Self – Heart, with God, with Others, in Mission, etc.)? Be open to the prompting of the Holy Spirit and take intentional steps to experience shalom in that area.