

Small Group Discussion Guide

October 7th and 8th, 2017

Who Stole My Life?

“Life’s Reality, God’s Grace”

Talk by Dan Arnold

WELCOME

- On a scale of 1 to 10, how stressful is your life?
- What are some of your biggest stressors?
- How do you attempt to relieve stress?

WORD

1. Read Matthew 11:28-30. What is your immediate reaction to this invitation from Jesus?
2. Read Genesis 2:2. What does day seven teach us about God and creation?
3. Reflecting on The Ten Commandments: do you think God was serious about all ten of them or were these just friendly suggestions?
4. Read Exodus 20:8-11. What does this say about Sabbath?
5. Read Deuteronomy 5:12-15. How is this version of the commandment different from the other?
6. Why do you think God felt that a full day of weekly rest should be part of his primary commands?

WEAVE

1. This weekend Dan unpacked the idea of a weekly Sabbath day as a part of God's design for us to relieve the stresses in our life. What were your initial reactions to this idea?
2. What would it look like to incorporate Sabbath into your life?
3. What are your greatest obstacles to practicing Sabbath?
4. Choose one day in the next few weeks and make a Sabbath happen. Then commit to return to your group to share your experience.