

Unhurried to Listen More Intently
Unhurried: Living Life at the Right Place
Discussion Questions

- **On a scale of 1-10, how busy would you say you are these days?**
 - What is contributing most to the busyness you feel?
 - What is one example of living your life at a hurried pace?
- **Read Exodus 20:2-17.**
 - What do you notice about the 4th Command (Sabbath) in comparison to the other 9 commands?
 - *“Remember,” length, connected to the creation story*
 - Who is the Sabbath for in this command?
 - What is the rhythm of rest God establishes in the Bible?
 - How does practicing the Sabbath intentionally slow God’s people down?
 - And for what purpose?
- **Define the Sabbath.**
 - What three words did we use to define the Sabbath?
 - *Stop. Rest. Delight.*
 - What are we to STOP doing to observe the Sabbath regularly?
 - How does the creation story point to a rhythm of REST before WORK?
 - *There was evening and there was morning, the first day...*
 - *The creation of man on Day 6, and Sabbath rest on Day 7*
 - How might one DELIGHT on the Sabbath? And how does “delight” honor God’s command to “remember the Sabbath and keep it holy?”
- **Throughout this series we’ll discuss what the Sabbath does for our tired souls. This week we focused on how the Sabbath allows us to LISTEN MORE INTENTLY. Read Luke 10:38-42.**
 - Which character in the story represents a hurried pace of life?
 - Which character in the story represents Sabbath rest and listening more intently?
 - Which sister do you relate to more and why?
 - *Are you living a Martha-paced life or intentionally slowing down to listen for God’s voice?*
 - *Are you distracted with much serving?*
 - *Are you anxious and troubled about many things?*
- **Read Matthew 11:28-30.**
 - How is Jesus the fulfillment of the Sabbath and how to do we practically come to him for rest?
 - What rhythms in your life allow you to listen more intently?
- **Which of the gospel activities (repent & believe, listen & obey, love & serve, go & multiply) does the Sabbath address? How can we encourage each other to listen more intently (and obey God in response)?**