

Slowing and Sabbath

God Speed Series

Discussion Questions

- **Describe the busiest and most hurried season of your life.**
 - What was life like for you in the first few months of the pandemic when everything was shut down? Busy?
 - Has busyness crept back into your calendar?
 - Do you feel like the schedule you keep is honoring to God?

- **How are hurry and love incompatible?**
 - Reflect on this quote from Thomas Kelly, written in 1941 – “People nowadays take time far more seriously than eternity.”

- **Read Luke 8:4-15**
 - What stands out to you about this passage?
 - Read verse 14 again. What does it mean that there are some who are “choked by the cares and riches and pleasures of life?”
 - What is the result?
 - What does it mean to be good soil?

- **What are spiritual disciplines? (Practices found in Scripture that promote spiritual growth among believers in Christ)**
 - Give examples of some spiritual disciplines
 - How do some put spiritual disciplines and God’s grace out of order?
 - Read Ephesians 2:8-10. Reflect on these verses together.
 - Reflect on this quote from Dallas Willard – “Grace is not opposed to effort, it is opposed to earning. Spiritual disciplines are things you can engage in to clothe the grace and activity of God.”

- **Do you agree that we need to make space in our lives?**

- **What is the spiritual discipline of SLOWING?**
 - In what ways do you see Jesus displaying the slow life in the Gospels?
 - Give examples of ways we can practice slowing.
 - How will practicing the discipline of slowing help us become good soil?

- **What is the spiritual discipline of SABBATH?**
 - Read Exodus 20:8-11 and Deuteronomy 5:12-15. What is the context for each passage? What difference do you see between the two passages?
 - Do we still have to obey the Ten Commandments?

- Why do you think God included this spiritual discipline in his list of 10?
- God doesn't expect you to be a fully mature follower of Christ all at once, but he does want you to be growing day by day, week by week, year by year. How do you think he wants you to respond to this teaching about the spiritual disciplines of SLOWING and SABBATH?
- Which of the gospel identities (citizen, family, missionary) do these spiritual disciplines highlight? How can we encourage each other (and even join each other) in living into these disciplines?