

Algorithm

Week 2 – 10/23/16

Ice Breaker: (Have everyone participate.)

Small Group Focus:

Your provision comes from your provider. Choose to rest well.

Sabbath Defined: (sab·bath)

A day of religious observance and abstinence from work, kept by Jews from Friday evening to Saturday evening, and by most Christians on Sunday.

Tough Questions to Consider: (Have 3-4 people answer.)

1. What do you feel disables you from taking a Sabbath rest?
2. Does your job allow you to rest on your day off?
3. What are you missing when you don't rest?

Text: (Pick different people to look up and read each passage.)

1. Exodus 20:8-10
2. 1 Kings 7:1-16
3. Ephesians 2:8-10

Group Questions: (Ask specific people to answer each question so that everyone gets involved in the conversation.)

1. In what ways did God provide for Elijah?
 - a. Can you name specific ways that God has provided for you?
2. Is it easy for you to grasp the connection between God's provision and taking a day of rest? Why?
3. Are you taking a day of rest? Why or why not?
 - a. If not, do you feel like you are dishonoring God? Why not?

Challenge: (Have everyone answer.)

1. What will you do to ensure that you are taking a Sabbath day of rest?
2. How often will you put this into practice?

Prayer: (Try and get everyone involved.)

"Lord, please help us to keep our eyes on you this week. Help us to honor you with our time. Help us to trust in your provision, so that we may learn the freedom of your Sabbath rest."