

Warming Up

What stuck with you from this week's message? I promise we won't talk about sabbath next week? (Fasting is up next)

What is your Sabbath like? It's been a few weeks. How is it going? Have you tried Sabbath yet?

What is a typical Saturday night for you? Do you ever think of Sabbath the night before?

When is the best time for you to practice Sabbath?

Digging Deeper

Sabbath is a day of worship. How do we keep sabbath from becoming sabb-ish? From becoming just another activity on the weekend?

Read **Matthew 7:13-14**. What makes the narrow road so difficult? Sabbath keeping is a way of following the narrow road. What can your group do to help each other get on or stay on the narrow road?

How do you describe worship? (loaded question, I know) How is Sabbath a "Day of Worship"?

THERE IS A PROGRESSION as you go through Sabbath. First you **STOP**... then **REST**... then, as your energy comes back, you begin to **DELIGHT**...and as you delight, you begin to experience **WORSHIP**...gratitude and praise and wonder and awe at the goodness of God. Have you experienced this in your own practice?

Do you agree with Rabbi Heschel's thoughts about Sabbath? Why or why not?

"Unless one learns how to relish the taste of Sabbath while still in this world, unless one is initiated into the appreciation of eternal life, one will be unable to enjoy the taste of eternity in the world to come... The essence of the world to come is Sabbath eternal, and the seventh day in time is an example of eternity."

The question isn't, Do you worship? It's who or what do you worship? And, if we become like who or what we worship, then **what kind of person is your worship forming you into?**

All week long, the false gods of the world lurk us out of our orbit around God in a kind of gravitational decay... invisible, yet powerfully pulling us down... They all promise us rest – and a sense of joy, satisfaction, identity, community, etc. Yet all they give is the incessant weariness and emptiness of soul the Western world has honed to perfection.-John Mark Comer

How have you seen this played out in your own life?

Bringing it Home

What is one specific thing you will do this week to apply what you have learned in your group?

Pray for one another