

Warming Up

What was one of the best vacations you have ever had? What made it great?

What jumped out at you most from the message this week.

Digging Deeper

What are some of the deep longings in your heart?

Read Ecclesiastes 1:1-11. What is Solomon talking about? Does this resonate with the culture you currently live in? Why or why not?

What are the most popular songs in our culture today? You may need your cell phone for this one. Look at the lyrics. How do they describe longings and desires? Does the song point to the right solution to the thirst? Why or why not?

When was the last time you felt satisfied...at peace...settled...at rest? What contributed to that?

How does practicing Sabbath help fight the restlessness of the human heart?

In spite of having more than we've ever had, we're unhappier than ever before...why?

Note: *Sociologists tell us that the **happiness levels in the West hit a peak in the 1950's**, and have been in decline ever since. Interesting, as that's right around when the Blue Laws phased out, and the "Lord's Day," or the Sabbath, was secularized into the "weekend."*

Why must Sabbath be an act of "resistance"? What are we resisting?

Remember.

- **You're not a slave anymore.**
- **God is king.** But he's nothing like Pharaoh. He is a Sabbath keeping, sabbath-commanding, God. Jesus called himself the "Lord of the sabbath." And he's offering you "rest for your souls."
- The question is, **Will you resist?**

Bringing it Home

Brainstorm more ways you can practice sabbath as a group...as families...as individuals? How might a family with three active kids, both parents working and sickness never seeming to leave the house, practice sabbath?

Pray for one another