



## Small Group Discussion Guide

### Disciple Series: Week 3

### Ruthless Elimination of Hurry

## Sabbath

### Question:

- When you hear the word *rest*, what comes to mind?
  - A feeling?
  - An activity?
  - Something you feel like you don't have enough of?

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## Scripture & Teaching Reflection

### Read Together:

- Genesis 2:1–3
- Exodus 20:8–11

### Key Teaching Truths:

- God rested—not because He was tired, but to set a rhythm
- The Sabbath is:
  - Blessed
  - Holy
- God gives us:
  - Six days to work
  - One full day to rest
- Sabbath is not punishment—it's protection

- The 4th Commandment is actually one of the most encouraging:
  - God **commands** rest
  - God gives permission to stop

**Leader Insight:**

**Sabbath is not about being lazy—it's about trusting God enough to stop.**

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## Why Sabbath Matters

**Discussion Questions:**

1. Why do you think God made rest a command rather than a suggestion?
2. Which is harder for you personally—working hard or resting well?
3. How have you seen burnout, exhaustion, or constant busyness affect your spiritual life?
4. What does it say about God's heart that He protects us with a day of rest?

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## Jesus & the Sabbath

**Read Together:**

- Luke 4:16a
- Luke 23:56

**Key Teaching Points:**

- Jesus kept the Sabbath—it was His custom
- Jesus made worship a regular rhythm
- Even after Jesus' death, His followers:
  - Were grieving
  - Were hurting
  - And still rested according to the commandment

**Discussion Questions:**

1. What stands out to you about Jesus making Sabbath a habit?
2. Why do you think rest is especially important during seasons of grief or hardship?
3. How might slowing down help us heal emotionally and spiritually?

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# Sabbath as Healing & Fulfillment

## Read Together:

- **Matthew 5:17**
- **Hebrews 4:1, 3a, 9**

## Teaching Emphasis:

- **Jesus didn't abolish the Sabbath—He fulfilled it**
- **In Christ, we enter God's rest**
- **Sabbath is both:**
  - **A weekly practice**
  - **A deeper spiritual reality found in Jesus**

## Discussion Questions:

1. **What does it mean to “rest from your works” spiritually?**
2. **Where do you feel pressure to constantly perform, produce, or prove yourself?**
3. **How does Jesus invite us into rest beyond just a day off?**

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# Practical Application: SHABBAT

## The Meaning of Sabbath

**Shabbat (Hebrew): To cease, desist from labor, rest**

## Four Movements of Sabbath:

1. **STOP – Cease from work and productivity**
2. **REST – Physically and emotionally slow down**
3. **DELIGHT – Enjoy what God has given (food, people, creation)**
4. **WORSHIP – Intentionally focus on God**

## Discussion Questions:

- **Which of these four do you struggle with the most?**
- **What would it look like for you to practice Sabbath intentionally?**
- **What might you need to stop so you can truly rest?**

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## Challenge for the Week

### Personal Reflection:

- What is one practical step you can take this week to honor Sabbath?
  - Set boundaries
  - Unplug from work
  - Prioritize worship
  - Create silence and solitude

