



Life Group Questions

The Sins of Suburbia | Week 2: Busyness

Matthew 11:28-30, Exodus 20:8-11, Genesis 2:2, Mark 2:23-28 || October 16, 2022

Ice-Breaker: What has been your busiest season of life thus far? If you could turn back the clock to that time, would you change anything? Any lesson(s) you can apply today?

- 1) What stood out from Gregg's message that challenged you, intrigued you, or that you'd like to discuss?
- 2) Why do most Christians struggle with practicing Sabbath-keeping? What's the solution if someone wants to try?
- 3) Which plays a bigger role in a person deciding to practice the Sabbath: their season of life or their sense of worth?
- 4) Read Matthew 11:28-30. What challenges you or encourages you?
- 5) Do you agree or disagree with the following quote? What would you recommend if someone asked for help in this area?
"The word *weary* (Mt 11:28) in Greek is *kopiaō*. It signifies labor to the point of sweat and exhaustion. As Jesus used it here, it is a reference to the futility of attempting to please God through human effort. It describes one weary of the search for truth, one who has despaired of trying to earn salvation." (John F. MacArthur Jr.)
- 6) Read and discuss Exodus 20:8-11. How realistic is this for today's Christians? Did previous generations have it easier? What does it reveal about God and his care for us?

7) Gregg mentioned ideas for Sabbath-keeping: things to REST FROM and things to REMEMBER. Would you add or eliminate anything from these lists? If you were to begin taking a step towards Sabbath-keeping, which ideas would you prioritize?

REST FROM

- Paid work
- Unpaid work - project to do lists
- Being on my phone
- REQUIRED shopping
- Email
- Social media
- Studying (students)
- News
- Chores
- Facebook
- Things that make you ANGRY
- Things that make you STRESSED

REMEMBER

- God's blessings
- God's promises
- God's provision
- God's goodness
- your salvation