

Sermon Discussion Guide

Drawing Near
Sabbath
Mark 2:23-28

Sabbath:

The practice of taking a dedicated period of extended time - ideally 24 hours - wherein we: 1) stop work, 2) enjoy rest, 3) practice delight, and 4) contemplate/worship God.

1.) When someone asks us, "How are you?", often times we answer, "Good, but busy." Being busy makes us feel productive, important, and needed. Also, being busy makes us feel tired and exhausted.

- How does being busy make you feel productive, important, and needed?
- Are you feeling tired and exhausted? What things in your life seem to make you feel this way?

2.) In order for us to flourish, we need rest. We are created to need rest.

- What things do you typically do (or not do) in order to experience rest?
- What things make you feel most rested?

3.) True rest is more than taking a nap or not working (although these things are a part of rest). True rest is found in drawing near to God and delighting in Him.

- What activities help you experience delight in God? What helps you stir your affections for God?

4.) In Mark 2, Jesus says that He is the lord of the Sabbath.

- What can you change in your life in order to create space to draw near to God and delight in Him through the practice of Sabbath?