



**Welcome:** Fruit or vegetables?

**Worship:** YouTube - "Faithful" by Monterey Music

**Word:** 1. What challenged you most about this week's Scriptures/message?

2. Read Genesis 2:1-3. Why do you think God chose to rest?

3. Read Exodus 20:8-11. Practicing the Sabbath is a command. Why is it so important, and how disciplined are you to take a Sabbath?

4. Read Mark 2:23-28. The Pharisees had lost sight of God's original design for the Sabbath. How might have you lost sight or underestimated the significance of the Sabbath?

5. Why does God instruct us to specifically stop working on the Sabbath? Is that difficult for you? Why, or why not?

6. What's the importance behind Sabbath "rest", and how do you see yourself participating in it?

7. Read James 4:8. To "abide" in Christ is to draw near to Him. What are some practical ways we can abide in Christ while we Sabbath?

8. Disciple challenge: What is the one step of faith you will take this week to be further disciplined in the Sabbath?

**Witness:** How does practicing the Sabbath correlate with loving others and building the Kingdom of God?