



When Good Becomes god

Week four - “But First, God”

Genesis 2:1-3, Exodus 20:8-11, and Mark 2:27

Bottom line: You will make good things god things if you don't make an **intentional and consistent move** toward God.

1. What are some of the good things in your life that you are flirting with as “god things,” i.e. things that give you ultimate satisfaction, security, or significance?
2. Think about this week in your life - just this week. What will you give most of your time and attention to? What things feel like non-negotiables or must-haves?
3. Have you ever heard of sabbath before? If so, what did you understand about it? Have you ever tried to sabbath, and if so, what did that look like?
4. Read Exodus 20:8-11
 - a. Why do you think God made stopping a requirement?
 - b. What did stopping look like for the Israelites?
5. What's the difference between shutting down and stopping?
6. What might stopping look like for you in terms of actively resisting the demand for more?
7. How could you rest in ways that lead to delight as opposed to retreat?
8. Brainstorm as a group what sabbath could look like for each of you as an intentional and consistent move toward God. How can you help each other incorporate sabbath into your lives?