

CONFORMED

THE GIFT OF HOLY HABITS

Table Discussion Guide

Week 4 - Sabbath & Rest

Main Point: We live in a universe defined by rhythm

Scripture Focus: Mark 1:35; Exodus 20:11

Discussion Opener

Last week our practice was to take steps towards self-awareness. Were you able to take any steps? If not, what was your greatest challenge?

Discussion Questions

1. What is your greatest challenge right now in your spiritual formation and growth? What keeps you from being where you want to be/think you could be in your faith?
2. "Space and slow are friends to your spiritual health." We live in a society that is in overdrive. Sometimes, creating space and going slower feels odd but they are much needed for your spiritual health. How does this statement challenge you in the current rhythm of your life?
3. The Sabbath is one of God's strategies for helping you live a life of rhythm. Although Sabbath is rooted in Jewish culture, it is still applicable to our lives today. Discuss what a Sabbath day of rest might look like for you.
4. You will need to plan to be successful at a new rhythm. Take a look at the following plan below. Write out your plan using these principles. Also, discuss where is your hang up might be in the plan.
 - Prepare, Stop, Rest, Delight, Worship

Practice/Discipline For the Week: Sabbath and Rest. Plan a specific day/time this next week to Sabbath. Tell someone else about your plan for accountability.

