

WEEK 9

SABBATH

WARMUP

Describe the perfect, restful day.

How do you pursue rest?

"Without enough rest, you can't even care about the things you care about. A heart will lose its way in exhaustion." – Mark Buchanan.

WATCH

As a group, watch this week's video: Silence.

WORKOUT

Read Genesis 2:1-3 and Exodus 20:8

- What does it mean to "remember" the Sabbath?
- What did God do on the seventh day?
- Why does God give us the Sabbath and how can we keep it holy?

Read Matthew 12:1-14.

- What is the main point of this passage?
- Why did Jesus heal on the Sabbath in this passage? How did the people respond?
- What connection do we see to compassion and mercy and the Sabbath? What does that tell us about rest, people, and the way we treat others?

PRAY

Pray for intentional Sabbath and rest in your lives. Pray for an increase in mercy and compassion. Pray that you would experience true Sabbath this week.

REPS

Take inventory of your weekly schedule. Are there any areas that need adjustment and realignment to practice intentional Sabbath? Where do you have margins to accommodate mercy and grace?

"A sabbathless life ends up with neither true work nor true rest, but with frantic and ineffective activity punctuated by couch-potato lethargy...Part of true rest is not having work accumulate relentlessly while you are resting!" – Andy Crouch

- What are your thoughts on these quotes?
- Is your life defined more by frantic and ineffective activity or intentional rest?

Set apart a day this week that you will dedicate completely to the Lord.