



week four
the elements

bottom line

Sabbath sets us free to
Stop, Rest, Delight and
Worship.



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

Can you think of a rule you actually loved as a kid?

reading scripture together

Read about *Nehemiah's Reforms* in Nehemiah 13:15-22.

play today's group intro video

suggested discussion questions

getting connected with scripture:

- What are some ways you can imagine the 70 years of being exiled in a foreign culture must have affected Israel's observance of Sabbath?
- *Nehemiah's Sabbath reforms also affected foreigners and traveling merchants.*
 - Is it fair for our observance of something like Sabbath to affect others in ways that feel painful or inconvenient to them?
 - Is that compatible with love? Why or why not?
- Do you believe some rules or boundaries are necessary for Sabbath to happen?

getting real with each other:

- *This week, we describe four elements of Sabbath: Stop, Rest, Delight, Worship.*
 - Which of these is least clear in meaning to you?
 - Which of these sounds most difficult for you to experience or practice?
 - Which of these most needs to be a top priority for you, moving forward?

getting practical with our faith:

- Spend some time brainstorming together some realistic examples of what it could look like for people in your group's demographic to practice each of the four elements. Take one at a time!
- What do you expect will gradually change about your life as you set aside one day a week for only engaging in these four things?
- **This Week:** Create or fine-tune your Sabbath plan with your spouse or family.