



DISCUSSION QUESTIONS

Ten — Part 5

1. When you were growing up, what did you do on the Sabbath?
2. Read Deuteronomy 5:12-15. Why do you think God spent so much time explaining this particular command?
3. Why is it difficult to set aside a sabbath day in our culture today?
4. Read Mark 2:23-28. What do you think Jesus meant in verse 27? What might be some of the benefits of setting aside a day of rest?
5. Of the four elements that should be included in a sabbath day—stop, rest, delight and contemplate—which ones are most important to you?
6. How might you be able to rearrange your schedule to make room for a sabbath day?