

Main Street Church - Life Group Guide

Summer Series: [You Asked For It](#)

Message: Give It A Rest:

What Does It Mean To Practice Sabbath?

Speaker: Shawn Vandop

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Connect (25min)

*Form groups of 3-4 people to enhance your sharing.

1. Summer Psalms

Read [Psalm 92](#) and open your time together in prayer.

2. Battery Life

- a. What are 3 Things that typically “*drain your battery*” in life? (activities, hobbies, people, places...)
- b. What are 3 ways that you *rest and recharge your battery*? (activities, hobbies, people, places...)

Message Discussion (45min)

1. Message Feedback

- a. Was this topic new to you in any way? What did you learn from Sunday’s message?
- b. What encouraged you or challenged you? How do you feel about Sabbath at this point?

2. Sabbath

- a. Read [Genesis 2:1-3](#) and [Mark 2:23-28](#)

*What is Sabbath? Why did God rest and give Sabbath to humanity?

*Why is it worth noting that the Sabbath was instituted before sin entered the story?

Sabbath was a part of the Old Covenant, coming from Creation to the 10 commandments, to the life and teachings of Jesus, and the early Church. Many feel it was only for Jews, it was fulfilled in Jesus, or is no longer necessary.

*What is the relationship between Jesus and the Sabbath?

*What does Jesus mean when he says, “The Sabbath was made for man, not man for the Sabbath”?

- b. Share your thoughts and attitudes toward sabbath ideas.

*Why is Sabbath important for us today? How is it revolutionary in our culture?

*What are the challenges and positives of Sabbath?

*Have you ever had any experience with “sabbath”? How did it impact your life and well being?

*Do you have any current practice that you consider sabbath (soul rest)?

- c. Which things, practices, people or places in life stir your affections for Jesus?

3. Sabbath Together

- a. What does it mean or look like for us to practice Sabbath in the context of community? (family, friends, church and the broader community)
- b. How could the gift of Sabbath change you, change our church, and change our community?

Application: Sabbath

Incorporate and commit to a *Sabbath* day with Jesus each week this summer and see how God restores and re-stories your life. (Adapted from [Practicing The Way](#))

*Stop

The word “sabbath” means “to stop.” In Genesis, God worked for six days but then rested on the seventh. In doing so, he built a rhythm into the fabric of creation. When we live in alignment with this ancient rhythm, we find peace and joy, but when we fight it, we fracture our souls.

> Set a time and place to rest, develop a beginning and ending rhythm, choose one to three Sabbath activities to engage.

*Rest

We hear about Sabbath rest and we imagine sleeping or taking a day off to chill.

But Sabbath rest is a form of resistance. There are powerful forces — both external and internal — that war against a Sabbath spirituality. To sabbath will require that we resist.

> Make a list of what you will not do on the Sabbath, and explore a prayer exercise.

*Delight

Sabbath is not an onerous day for dour religious duty, but a life-giving day of delight — a weekly party.

It’s a full day set aside to celebrate our life with God in his world. And it’s designed to be done in community, not just alone. Few things are more provocative in the modern world than communities of joy.

> Who are some people (family & friends) that you can share and celebrate Sabbath with?

*Worship

Sabbath isn’t just a day to stop, rest, and feast in community.

Ultimately, it’s a holy day — set apart for and dedicated to God himself. Early Christians called it “the Lord’s Day.”

It’s a weekly day of worship by which we cultivate a spirit of worship all week long.

> What are some different ways that you can worship God on the Sabbath, and throughout the week?

Prayer:

a. How can we pray for you and your *Sabbath* with God? *Pray for one another*

b. How can we pray for the people in your life who need to know the *Rest of Jesus*? *Pray for them together*

Sabbath Blessing

by [Pete Grieg](#)

*May this day bring Sabbath rest
to my heart and my home.*

*May God’s image in me be restored,
and my imagination in God be re-storied.*

*May the gravity of material things be lightened,
and the relativity of time slow down.*

*May I know grace to embrace my own finite smallness
in the arms of God’s infinite greatness.*

*May God’s Word feed me and His Spirit lead me
into the week and life to come.*

Resources

[The Rest Of God: Restoring Your Soul By Restoring Sabbath](#), by Mark Buchanan. ([Quotes](#))

[*God In My Everything: How An Ancient Rhythm Helps Busy People Enjoy God*](#), by Dr. Ken Shigematsu. ([Quotes](#))

The Sabbath Practice - www.practicingtheway.org/sabbath