



THE BEAUTY OF SABBATH

BIBLE TEACHER STEVE CARTER
SUNDAY, AUGUST 16

1. What makes Sabbath a gift?
2. Read Genesis 1. How does the creation account set up the concept of Sabbath throughout the Scriptures?
3. Read Exodus 20:1-2, 8-11. Why do you think Sabbath is so important that God included it in the Ten Commandments?
4. What challenges do you personally face when it comes to having a Sabbath rhythm?
5. What will your Sabbath look like this week? When will it be? What will you do? What will you not do? How will you use that time to focus on your relationship with God?

QUESTIONS FOR KIDS

1. Does spending time with God sometimes feel like a “have to” (something you feel like you should do) instead of a “get to”? Why do you think that is?
2. Spending time with God can be the absolute BEST thing in your life! He wants to spend time with us because He loves us. He wants good for us. Removing all of the distractions helps us to focus our hearts and minds solely on God. Talk about ways you can spend time with God.
3. Younger kids – watch this!

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