

NOTES & QUOTES



WEEK 4: SABBATH

CONNECT (BUILD RELATIONSHIPS)

1. What is something you practice that you find restful?
2. What is the first thing that comes to your mind when you hear the word "Sabbath"?
3. Have you ever received a gift that you didn't really appreciate at first, but over time grew to love it?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Genesis 2:1-3. What is the Sabbath? Why is it worth noting that the Sabbath was instituted before sin entered the story?
5. Read Mark 3:23-28 and Exodus 20:8-11. In light of these verses, what does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"?
6. In what ways are you tempted to make the Sabbath all about rules instead of understanding God's heart and purpose for giving us the Sabbath?

7. Read Hebrews 4:9-11. What words, phrases or pictures stand out to you?

COMMIT (BE ON MISSION)

8. What things in your life stir your affections for Jesus and should be a regular staple in your Sabbath rhythm?
9. What might it look like for you to practice Sabbath in the context of community?
10. What are the greatest challenges in your life that might attempt to threaten your Sabbath and what could you do to combat them?

PAUSE, PONDER & PRAY

The practice of Sabbath defined: **"A 24-hour period of restful worship, by which we cultivate a restful spirit in all of our life. Time to stop, rest, delight and worship."** JOHN MARK COMER

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience." HEBREWS 4:9-11