



Ice Breaker (in groups of 2 or 3 for larger groups)

Share about the best rest you've ever had in your life!

Talk About it!

QUESTION 1

Exodus 20:8-11 New Living Translation

8 "Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Discuss:

Why did the Lord command the sabbath? Why do you think it mattered so much to God that we rest and stop from our ordinary work?

QUESTION 2

Deuteronomy 5:12-15 New Living Translation

12 "Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 13 You have six days each week for your ordinary work, 14 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. 15 Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.

Discuss:

This is the second time the Lord gave the 10 commandments. What was the reason God gave to sabbath this time? Do you have a slavery to anything that you need to be set free from?



QUESTION 3

Isaiah 58:13-14 New Living Translation

13 *“Keep the Sabbath day holy.*

*Don’t pursue your own interests on that day,
but enjoy the Sabbath
and speak of it with delight as the Lord’s holy day.
Honor the Sabbath in everything you do on that day,
and don’t follow your own desires or talk idly.*

14 *Then the Lord will be your delight.*

*I will give you great honor
and satisfy you with the inheritance I promised to your ancestor Jacob.
I, the Lord, have spoken!*

Discuss:

Shabbat means to rest and to delight. In what ways do you experience delight in wholesome and life-giving ways?

QUESTION 4

Discuss:

Do you sabbath weekly? Why or why not? What fruit does the sabbath produce in you? How do you need to prepare for the sabbath so that you can actually have a sabbath?