

Message Series Group Discussion September 11-12, 2021

INFO	
Series	Rhythms of Renewal
Sermon	Rest
Main Idea/Summary	Sabbath is a life-giving day of worship and delight.
Scripture	Mark 2:27, Isaiah 58: 13-14, Exodus 20: 8-10

QUESTIONS	
About God	The Lord blessed the seventh day and made it holy. This wasn't because he was tired and needed a day to rest. Rather, He CHOSE to stop and rest so that He could delight in his creation. What does this reveal to you about God's divine character? And how does it differ from our human nature?
About Me	When we practice Sabbath, it imparts life to us. It's a life-giving source that God wants to give to us, 52 days a year. Why is it hard to accept this invitation; the gift of sabbath? What are the logistics or personal reasons you struggle with a day of rest?
Community	Working too much, or being constantly busy, is a badge of honor in our society. Plus, almost all the stores are open, the internet never shuts down, sports are all weekend long, people always have their phones with them. There are a million reasons for us to see the practice of sabbath as something outdated, or from the past. Yet, God still commands it. How could the practice of sabbath affect your own life? Your family? Or even the community? Dream big & Discuss.
Mission	How does busyness and distraction keep us from the mission of loving God and loving people? What would you do for God or with God, if you had more time, or felt more rested to do it?
Action	Sabbath is more than just a 'day off'. It should be the best day of your week. What could you do for 24 hours that would increase your joy and delight? Discuss some options. Plan a day this week and accept the invitation to sabbath.

Father, we want to be people who delight in you, the giver of good gifts, the one who calls us to rest in His presence. Let that be enough for us, Lord. When we have the desire to do one more thing, remind us to stop. Help us to draw near to you and to enjoy this time set apart. Help us to trust you with the outcome, to relinquish control of our day, and to surrender our plans, because we know that your way is always better. Lord, we love you. Amen.