

Rhythms

PART 3:SABBATH

God designed rest to be part of the natural rhythm of creation. In fact, he "blessed it and made it holy." That is, it was supposed to be different from all other days of creation. Our life consists of rhythms, just the year is made up of different seasons that govern how we spend our time. Our lives as followers of Jesus should also reflect the rhythms of our Creator.

DISCUSSION QUESTIONS

These questions are a guide to get the conversation started in your group or home; don't feel like you have to ask everything below! As long as your having a conversation you're headed in the right direction. Feel free to adjust the questions to fit the needs of your group.

1. **What did you think about the message?**
2. **Before the message, how did you think about sabbath?**
3. **Read Genesis 2:1-3. What do you notice about the passage? What does this passage tell us about God?**
4. **We are not God. No surprise there. But sometimes we act like it; we act like the world depends on us. How does sabbath push back against this tendency?**
5. **Read Exodus 20:9-11. God thought sabbath was important as a discipline that he included it in the 10 commandments. What do you think about this? Do you think it is important, why or why not?**
6. **How can you make sabbath a priority in your weekly rhythm?**
7. **Read Hebrews 4.**
 - a. **The Israelites failed to experience the blessing of God by not keeping the sabbath. How does sabbath help us to enter into God's blessing?**
 - b. **Sabbath is more than a physical rest. It is also spiritual. Based on this passage, how can we enter the spiritual rest of God?**

ADDITIONAL READING

The Ruthless Elimination of Hurry by John Mark Comer

Subversive Sabbath by AJ Swaboda

