

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

Have you ever taken a “rest” or even a “vacation” and by the end of it, you were more exhausted than before the “rest?” Why are sometimes our attempts to relax not met with the goal we had in mind?

Digging In

Question 1: Read Exodus 20:8-11, Duet 5:15. The question was asked, what is the Sabbath that the Bible gives to Israel? Pastor Jeff points out two different passages that help us understand what the purpose of Sabbath was. In Exodus, it is given as a command because it reflects God's pattern in the creation narrative (Gen 2), and it also is a time for the people of Israel to remember what happened in Egypt (Duet 5). In what ways have you always thought of the Sabbath? What about the pattern of working 6 days and resting 1 day?

Question 2: Read Mark 2:23-28. The next question that was talked about was “what did Jesus teach about the Sabbath?” Part of the issue that the Pharisee's were making about the Sabbath was preventing even “work” that involved meeting the need of hunger! Jesus speaks about **1 Sam 21:1-6** and David eating the Bread of the Presence. Jesus' overall principle to show that God's BLESSING and GIFT of the Sabbath was not meant to be a burden. It was created to benefit mankind! How have you tended to make rules about God's word that Jesus meant to bless you, and not burden you? Have you ever seen God's word as a way to prevent you from receiving blessing? How is God trying to change the way you perceive His Word?

Question 3: Read Colossians 2:16-17, Hebrews 4:9-11, Romans 14:5. Pastor Jeff brought up the question, “should a Christian practice Sabbath today?” These verses highlight a few things by which a Christian should think about the Sabbath: (1) Jesus is our Sabbath. (2) Worship day on Sunday is “descriptive but not prescriptive,” (3) NT Believers are not under OT Law. The passage of Hebrews 4 shows us that we can “enter into God's rest.” This is something that is possible today, and not just in the future! How have you made Sabbath more about a certain day, rather than finding it in the person of Jesus? How is it possible to get legalistic or too focused on the “rules” of Sabbath?

Question 4: Application: Psalm 23, Psalm 46:10, Matthew 11:28, Mark 6:31:

1. Rest – Physically (Psalm 23) – How is God asking you to rest physically on a regular rhythm?
2. Reflect – Spiritually - In what ways does your spirit need to find rest in Christ this week?
 - a) Remember the “work is finished”
 - b) Remember “it’s not about what I do, but who I am”
3. Reconnect – Relationally - How can you reflect of your personal relationship with the Lord by resting?
In what ways do you need to confess sin to be back in good fellowship with the Lord?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?