

Small Group Discussion

VARIOUS TEXTS

Sabbath: Escape from Legalism

Getting Started

- Do you ever find yourself finding your identity more in what you “do” than in who you are? Why do you think that is?
- Which of the misconceptions about Sabbath shared this morning did you identify with? Or is there another that wasn’t mentioned?

Static Questions

- **WHAT WAS THE MESSAGE ABOUT?**
 - Note the key details (Who, What, When, Where, Why, etc.)
 - Pay attention to the main *Facts* of the message.
- **WHAT DID YOU LEARN?**
 - What did the message reveal about God? About people?
 - Was there a promise or a command or a warning?
 - What is the main truth of the message?
 - What lessons do you see?
- **HOW WILL YOU APPLY IT?**
 - How does this message relate to your life right now?
 - What change in your thinking or behavior is needed to align with the truths in this message?
 - How should you respond based on what you learned?

From the Teaching this Morning

- What is the difference between resting and ceasing? What could that look like if you were to take a day dedicated to Sabbath?
- Sten-Erik said, “Sabbath is about filling your day, your heart, your mind, and your activities with the peace and rest of God. Luxuriating in His presence.” What gets in the way of being able to make it through a day truly resting in the provision of God?
- Sabbath involves denial and pursuit. What do you see that you might have to deny yourself from doing in order to pursue a day fully resting in God? Why might that be difficult to do?

APPLICATION

- Pray that God might give you direction. How to Sabbath. How to rest. How to find joy by denying your desires and submitting your will to the Holy Spirit. Then, when you have an idea as to what that might be, do it. Not to be productive, not to accomplish a task, but to go forward with the hands of Martha and the heart of Mary. Who knows; you might find joy there!

