# Small Group Discussion

*Practicing Sabbath Today*

## Getting Started

- What would your ideal Sabbath picture look like? What would create an atmosphere where you could focus on delighting in God's provision & being free of the need to "do?"

- What is an example of one activity that would help the day be a celebration for you?

## Static Questions

- **WHAT WAS THE MESSAGE ABOUT?**
  - Note the key details (Who, What, When, Where, Why, etc.)
  - Pay attention to the main *points* 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 big idea 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 obstacles do you see in the way of your being able to observe the Sabbath without distraction or failure?

- Imagine you are talking to someone at lunch tomorrow who has no idea what the Sabbath is at all. How would you explain it to them? How has your answer changed as a result of the past for weeks of teaching?

- Can you relate with our unintentional allegiance to the "god of this age" known as utility? Why is it a bad idea to reduce or define people by what it is that they "do?"

- Have someone read Matthew 6. 25–34. Sit in silence for at least a minute reflecting on the passage. What stood out to you? How might these verses have significance for your life today?

**APPLICATION**

- Consider the rest of the day as set aside to *Cease, Rest, Celebrate, and Embrace*. Just as a practice for keeping the Sabbath next week, don't engage in anything that could be recognized as productive for the rest of the day. Rest in who you are by virtue of your relationship to God and who you are in Christ. Remember that is where your value is found, not in what you "do" or what you produce!