

Small Group Discussion

HEBREWS 4.1-13

The Heart of Sabbath

Getting Started

- If someone unfamiliar with the concept of Sabbath asked you what it was all about, how would you respond in light of the past three weeks teaching?
- How is it with your soul?

Static Questions

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

From the Teaching this Morning

- God rested because he *chose* to do so. Why is it (if it is) difficult for you to cease productivity or doing that which needs to be done for an entire day? What would make it easier for you to make that choice?
- AJ Swoboda said “Sabbath dissolves the artificial urgency of our days.” As you reflect on the past week, can you identify any “artificial urgency” that captured you?
- Sten-Erik said we can only embrace the grace and love of God in light of the holiness and justice of God. How does reflecting on God’s holiness and his place as the only one who has the right to stand in judgment effect your understanding of God’s grace and love?
- “Because of the nature of our lives and the culture we live in, most of us can experience the majority of our days without the *felt* need for the grace of God through Jesus.” How did that statement hit you?

APPLICATION

- Take a Sabbath from social media, the 24 hour news cycle, and social commentators. Replace that with focused time meditating on or memorizing God’s word. Attempt to do this as a group for the entire week. Share your experiences when next you meet.

