

THE GOOD LIFE

Spiritual Discipline of Sabbath

Speaker: Jairo

Below are some study questions that will help you and your Life Group dig deeper into the spiritual discipline of the Sabbath. We've included plenty of questions, but feel free to use just a few or choose whatever questions best fit your group.

Opening Discussion:

1. What were your initial thoughts when you learned that we are spending April practicing the discipline of the Sabbath?
2. What do you think the purpose of the Sabbath is?

Bible Questions:

1. Ask group members to read Genesis 2:2-3. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.
2. Ask group members to read Exodus 20:8-11. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.

Application Questions:

1. We see that God created the heavens and the Earth in 6 days. He then rested on the 7th day. Why is it such a struggle for us to rest? What are some areas in your life that prevent you from resting well?
1. God blessed the 7th day and declared it "holy." It has the power to bring life to our lives. How might Sabbath bring life to our lives?
1. One of the Ten Commandments is to remember the Sabbath by keeping it holy. Remembering is a discipline that requires planning, thoughtfulness, and intentionality. How can you be intentional about planning for your Sabbath this week?

Closing & Prayer: [set aside 10-20 minutes for prayer]

Allow enough time to pray for each other. Pray for greater awareness of the intentional steps we can take to build a discipline of the Sabbath.