

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 Matthew 11:28-30. Give them a few minutes with the passage, and then ask them what this passage means and how they can apply it to their lives.
2. Ask group members to read Matthew 12:5-8. Give them a few minutes with the passage, and then ask them what this passage means and how they can apply it to their lives.
3. Ask group members to read Mark 2:27. Give them a few minutes with the passage, and then ask them what this passage means and how they can apply it to their lives

Application Questions:

1. Ancient farmers often would yoke a much younger animal to an older, more robust animal to bear the burdens of guiding the younger animal. Jesus is inviting us to take on his yoke. What does that mean for you in your walk with Jesus?
2. Jesus tells the Pharisees that even the priests themselves were breaking the Sabbath by working on the temple! Jesus declares himself Lord of the Sabbath. Why do you think it is essential for Jesus to be at the center of our Sabbath observance?
3. The Pharisees were so caught up in their legalistic views that they forgot the whole reason why God instructed us to keep the Sabbath. It was a gift for us. What does it mean for us when preparing for our Sabbath?

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.