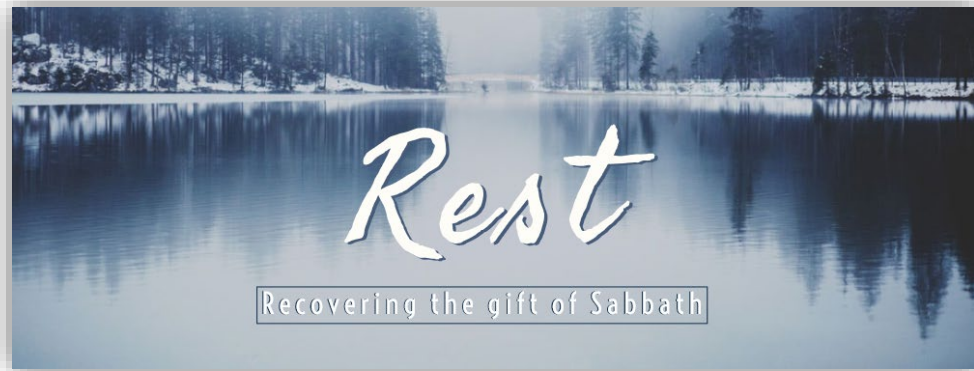


## Sermon Based Small Group Questions

*Created for Rest January 5, 2020*



### Opening Questions

1. Take a few moments to reflect on the past year. How would you describe the pace of your life in 2019? How balanced was your life over last year? Do you feel caught up in the hurried pace of our culture?
2. Share your BLESS Rhythms (BLESS Rhythm summary on pg. 2)

### Going Deeper

Read Genesis 2:1-2

1. What grabs your attention in this passage?
2. Our passage tells us that God blessed the seventh day and made it holy. What does it mean for the 7<sup>th</sup> day to be holy?
3. A.J Swoboda writes this about Genesis 2: *"The first day for Adam and Eve was not a day to work in the garden. God established a weekly rhythmic reminder of his love—the Sabbath."* What does the Sabbath teach us about God's character and the way we were created to live?

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4. What are some of the first associations that come to mind when you think of the word "Sabbath"?
  
  
  
  
  
  
  
  
  
  
5. Why do you think we resist rest?
  
  
  
  
  
  
  
  
  
  
6. It has been said that when you go against the grain of God's design, you get splinters. Are there ways that you have you experienced the splinters of ignoring rest and Sabbath?
  
  
  
  
  
  
  
  
  
  
7. What does Sabbath look for you? Are there ways you would like to be more intentional about including Sabbath in your life?

*Close in prayer*

### **BLESS** Rhythms Summary:

**BLESS:** This is the practice of blessing another person. It can be big or small (buying coffee, encouraging text/email, etc.). *Who have you blessed this week?*

**LISTEN:** This is the practice of listening, both to God and to others. *How did you set time aside this week to be a listener?*

**EAT:** This is the practice of sharing food with people. This can happen in a home or in a coffee shop. *Who are you eating with/ inviting into your home?*

**SPEAK:** This is the practice of speaking our faith. It can happen through encouragement, story sharing, and evangelism. *How have you spoken your faith this week?*

**SABBATH:** This is the practice of resting from work and taking time to rest and enjoy creation. *How are you practicing Sabbath this week?*