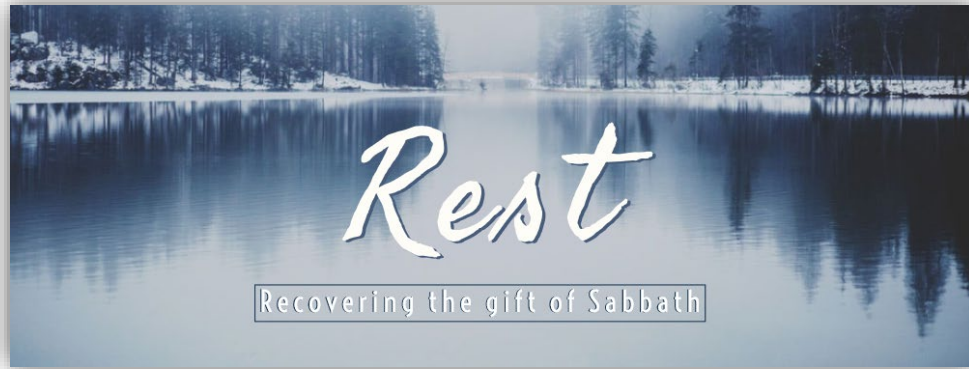


Sermon Based Small Group Questions

Sabbath Rest and Health. January 19, 2020



Opening question

1. How do best find rest?

2. What are your memories about 'Sabbath'?

Going Deeper Questions

1. Do you find it easy to say no? What situations or relationships make it hard to say no?

2. Sid read this quote... "If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath..." What does this mean? Can you share a time where you were 'forced' to rest? How did you feel about that? Were there benefits?

3. Do you give a lot of thought to times you say yes? How might indiscriminately saying yes actually be a way of avoiding looking closely at your heart and life? What areas of your life are you confident God has spoken 'yes' over?

4. I John 2:15-17 (The Message) "Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him. The world and all its wanting, wanting, wanting is on the way out—but whoever does what God wants is set for eternity." How is this a passage that helps us know when to say no? How does this connect to your life?

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5. In the message Sid said that, “the root sin of busyness is laziness”. How is this true?

6. Read Acts 16:6-7. The Holy Spirit gave Paul a “no” on something he wanted to do. Has this happened in your life? Explain. Should this happen in our lives? How?

7. Sid shared of a mom in our church who found Sabbath moments in walking slowly with her young children being forced to pay attention by slowing down. In what ways could you practice Sabbath better in your life?

8. Read John 3:22-31. Barbara Brown Taylor described Sabbath as, “a little death”. How is this true? How does Sabbath help us avoid messiah complexes?

9. Sabbath is connected to Shalom (God’s desire for wholeness in all of creation) How are they connected? Why was Sabbath part of the creation story?

10. How does Jesus healing on the Sabbath actually reflect God’s desire for Shalom?

11. How does Sabbath humble us?

12. Read Matthew 11:28 and Galatians 6:9. How do these two passages connect to Kingdom building and doing good in the world?

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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?*