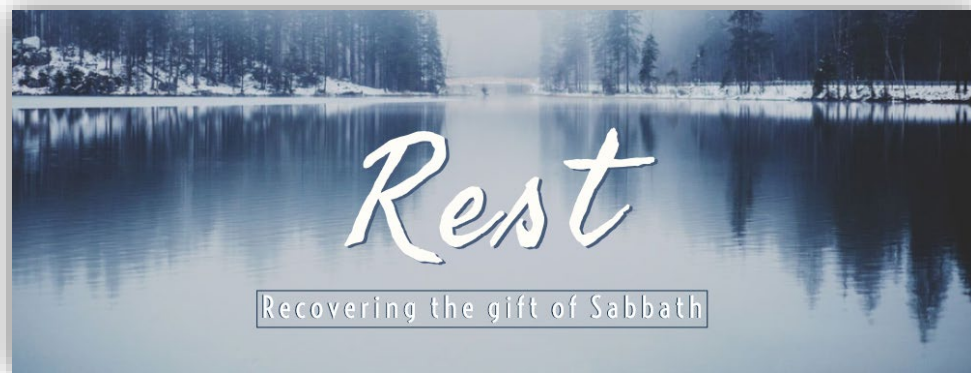


## Sermon Based Small Group Questions

*Rest & Worship February 9, 2020*



### Opening Questions

1. How do you best experience worship?
2. What things in your life prevent you from deeper worship?

### Going Deeper Questions

1. Written in 1563, the *Heidelberg Catechism* answers the question (amongst many others), “What does God require in the fourth command?” (Exodus 20:8-11.) Read the answer the catechism gives:

*“First, that the ministry of the gospel and the schools be maintained and that, especially on the day of rest, I diligently attend the church of God to hear God's Word, to use the sacraments, to call publicly upon the LORD, and to give Christian offerings for the poor. Second, that all the days of my life I rest from my evil works, let the LORD work in me through his Holy Spirit, and so begin in this life the eternal Sabbath.”*

What stands out for you in this confession especially in terms of worship?

2. Read Psalm 46:10. Why is being still and stopping so important to our lives? Why is it so hard for us?
3. Josef Pieper (Catholic philosopher) said, *“The act of worship creates a store of real wealth which cannot be consumed by the workaday world. It sets up an area where calculation is thrown to the winds and goods deliberately squandered, where usefulness is forgotten and generosity reigns.”* What strikes you about this quote? Why is it so important for us to have ‘usefulness forgotten’?
4. How is worship an act of surrender? How does this tie to Exodus 31:12-13 especially the part of sanctification (also read I Corinthians 3:3-9 to help with this)?

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5. In Exodus 31, a nation of slaves is being addressed. They have been enslaved for 400 years; no sabbath, no vacation time. The ancient Egyptian message to their slaves was, "You are 'equipment' not people". How do you think they felt hearing about sabbath for the first time? Why did they need to hear the phrase 'above all'?
  - a. Read Galatians 4:4-9. How does Sabbath and worship help us avoid becoming slaves again?
  
6. Eugene Petersen said, *"As this biblical rhythm works in me, I also discover something else: when I quit my day's work, nothing essential stops. I prepare for sleep not with a feeling of exhausted frustration because there is so much yet undone and unfinished, but with expectancy. The day is about to begin! God's genesis words are about to be spoken again. During the hours of my sleep, how will he prepare to use my obedience, service, and speech when morning breaks? I go to sleep to get out of the way for a while. I get into the rhythm of salvation. While we sleep, great and marvelous things, far beyond our capacities to invent or engineer, are in process..."*. How does this quote make you feel? How do Sabbath rhythms change the way we live? How would this change the way you sleep?
  
7. Sid used this quote... *"Sabbath helps us crucify our hidden desire to step into God's shoes and do his work."* One writer described this desire to do God's work as a 'blasphemous anxiety'. In what areas of your life do you need to repent of trying to do God's work? How is Sabbath and worship such a gift against this tendency?
  
8. Read Genesis 3:8-10. What was the cause of their fear? Read I Peter 5:6-7, John 14:27, and Psalm 23:4-5. How is Sabbath and worship a way of defying fear, even amid turmoil?
  
9. In Hebrews 4:9-11 (The Voice) it says, *"There still remains a place of rest, a true Sabbath, for the people of God <sup>10</sup> because those who enter into salvation's rest lay down their labours in the same way that God entered into a Sabbath rest from His.<sup>11</sup> So let us move forward to enter this rest,..."*. *"We enter it."* What does that mean? How do **you** need to enter rest more than you do right now?

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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?*