

Discussion Questions – Sabbath (REST)

Many of us are eager to develop a meaningful and life-sustaining relationship with the Lord. THE PROBLEM is that we cannot seem to stop long enough to be WITH Him. The good news is that the Lord has for a long time offered us a way to deeply root our lives in him. This can be found in the Scripture in the word Sabbath (REST). Unfortunately, over the years, the wrong understanding of the word has led to legalism and guilt and judgment of ourselves and/or others.

Let us discuss the sermon of Sunday and some light God has brought to our minds.

Debrief over the last week or two. What were some of the difficulties, obstacles, or even successes you experienced in meeting with God?

With those in mind, on a scale of 1-10 (1=least busy and 10=very busy) how busy are you? And where on the scale would you like to be?

What are some things that you CAN cut out to make time to be with God?

Thinking of a 24-hour period – That / when 24 hours might work for you in your journey to practice Sabbath – Rest?

What would you need to stop or sacrifice to accomplish it?

It may have been a new concept in hearing – Stop, Rest, Delight, and Contemplate. Spend some time to think how these 4 elements might look in your 24-hour Sabbath rest

Stop: “to stop” is the literal meaning of the Hebrew word. We have limits. God is on the throne running the world. We are called to let go and to trust him.

Rest: once we stop, we are called to rest from our work and our “doings”.

Delight: we ought to slow down so we can enjoy what we have been given.

Contemplate: we seek to see the invisible in the visible - to recognize the hidden ways the miracle of life is all around us in the gifts he has given us.