



## Small Group Discussion Guide

May 6, 2018

**Sermon Title:**

“Sabbath”

**Sermon Text:** Psalm 23

**Scripture Reading:** Exodus 31:12-18

**Leader:** *Please allow a moment for introductions/visiting. Have someone offer a brief prayer inviting God to speak and lead using the group’s discussion.*

**Getting Started:** What activity or place is the most relaxing or restful for you? Why?

### Discussion:

1. How well do you do at observing Sabbath? What are the things that keep you from fully engaging Sabbath? What would Sabbath resting, ceasing, feasting, and embracing require of you?
2. **Spiritual Rest** (v 1) In what areas of life do you need to trust God more, rely on his provisions (not your abilities) more?
3. **Physical Rest** (v 2) Does your Sabbath pace tend to resemble your every other day pace? Do you plan for good sleep, good food, and good exercise? What stops you?
4. **Intellectual Rest** (v 3) If you are not keeping Sabbath, how do you renew your mind and keep yourself centered?
5. **Emotional Rest** (v 4) We all find ourselves in dark places at times, how does Sabbath rest help us to see the light? When have you found yourself being prodded by your Heavenly Father? When has he pulled you back from the edge?
6. **Social Rest** (v 5) Sabbath rest is meant to fill us up. How does God’s abundance enable us to be at rest with others? Are there others you need to sit at a table with?
7. **More Spiritual Rest** (v 6) God’s rest is not a finite gift; it is a gift that keeps growing and producing blessings in our lives.
8. Discuss how each of you can become better observers of Sabbath, and how you can increase the joy that comes from true rest.

**Closing:** *Close by sharing prayer requests.*

*Pray for each another and for the needs that were shared.*

***Have a blessed Holy Week. GO SHARE JESUS!***