



TEN: Sabbath | May 11, 2016

Discussion Guide

The Scoop

God wants to give you a day off. The Sabbath is not about any specific day of the week, but rather about a day to rest and trust.

Key Verse

Exodus 20:8 (NIV)

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God.

Discussion

When it comes to the Sabbath we as humans have tried just about everything to trick ourselves into following the rule. Many have decided to close businesses, to not cook, to not use electricity, and/or not do chores. Unfortunately, we focus on the rules we set more than the reason we set them in the first place.

1. What has been your experience with the Sabbath (as a kid and now)?
2. What are some other examples of rules that we create to try to live out something we read in the Bible?

The reason behind the 4th Commandment is not to do nothing, but instead find ways to rest and in doing so show your trust and reliance on God. This commandment is essentially asking us to pause from the everyday chaos of life and show God we trust him.

3. What do you spend most of your time worrying about or trying to accomplish?
4. When was the last time you spent a day not doing any of the above?

Because God asks us to trust him with our success by intentionally taking time to rest in Him, we have to shift our thinking when it comes to achieving. What if one day per week we spent time excelling at hanging with God and doing things that bring us joy, help us experience God, celebrate with God, or even share our deepest darkest concerns with God? What if our success in this life is measured by how well we stop, rest, and trust?

5. What things bring you the closest to God (i.e. music, reading, gardening, being outdoors, journaling, etc.)?
6. What about taking an entire day to do things of this nature will be the most difficult for you?

What's Next?

The best way to get in tune with God is to spend time with Him. The Sabbath is intended to help us spend time with God so that we can be at our best; but also so that we can show God that we trust Him to provide for us. This week as you consider how you might observe the Sabbath, start by determining how you experience God best. Design a day that includes one or two of those things. Be sure to take into consideration what things you will have to be willing to set aside. Then show God that you believe He is ultimately in control by taking a day off.