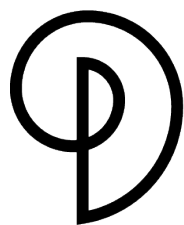


SMALL GROUP STUDY GUIDE



PRINCE
OF PEACE
Called to Connect



Sabbath - Rest

July 22 & 23, 2023

Have you ever been so busy driving that you ran out of gas? Have you ever been in a rush looking for your keys or sunglasses only to realize your keys are in your hand and your glasses are on your head? The antidote? Sabbath. This weekend we'll explore what it means to rest!

SCRIPTURE TEXT: EXODUS 20:8-11

Read the scripture text together as a group.

BACKGROUND INFO

In the early moments of the creation poem, God created rhythms: day and night, months and seasons, years. And then, between the rhythms of the day and the month, God added one more, a rhythm taught not by the heavens but by God's own example: the seven-day rhythm of the week. In God's wisdom, rhythms make the world a good home for us, mere mortals who are often in need of rest and refreshment. As those who bear the image of the Creator, we are creatures of rhythm. But by the time we get to the book of Exodus, God's people were oppressed, living in a world without rhythms. Much like today.

DISCUSSION QUESTIONS

- Share about a time you took a break from the usual rhythms of life and work and did something that didn't just fill a day, but filled your soul as well.
- **Life today looks less like Eden, and more like Egypt.** What are some ways your life is like Eden (healthy rhythms)? What are some ways your life is like Egypt ("Make more bricks!")?

We will have far more of everything we need if we practice sabbath: once a week, slow down, catch our breath. Here are three really doable first steps.

- **First, Set the Boundary.** On a scale of 1-10, how good are you at scheduling rest into your calendar? How good are you with sticking with it? Share about a time when God's Spirit gave you just what you needed when you set aside time for rest.
- **Second, Refresh, Walk, Repeat.** What are some "genuinely refreshing activities" that give you rest and energize you to go back to into the rhythm of your work renewed in mind, soul and body?
- **Third, Worship.** Read Matthew 11:28. How does coming to Jesus give you rest? Share about a time that you found rest and refreshment in worship. How do you keep the Sabbath day holy?

CHALLENGE: Whenever possible, seek to join your weekly day of rest with your weekly day of corporate worship. When it's not possible, at least find some special way to say with both your heart and your lips, "Jesus, not Pharaoh, is Lord" — and then live it out!