

Uncommon Fellowship Groups

Discussion Guide Sep 16, 2018

Series: Finding a Life While Making a Living

Sermon: Sabbath Rest in a World of Stress

Opening Questions

Many Americans don't get enough sleep. From your perspective, why is that, and what does it cost us?

Growing up, did your family/parents 'keep the Sabbath'? If so, what did that look like?

Read Exodus 20:8-11

Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and made it holy.

- What does God command here? What does it mean to keep the Sabbath holy?
- Why does God command this?
- Does it surprise you that practicing Sabbath rest makes into the 10 Commandments?

We're living in the midst of a revolution in technology, and the result is that many of us are cramming more and more into our schedules. What word would you use to describe the pace of your life?

According to Eugene Peterson, "If there is no sabbath – no regular and commanded not-working – we soon become totally absorbed in what we are doing and God's work is either forgotten or marginalized." How have you seen this in your own life or in the lives of those around you?

Do you consistently practice Sabbath rest? What makes it challenging for you to do that? How can we support each other in doing that?

The Sabbath is designed for our physical rest and spiritual nourishment - for connecting with God.

- If you could plan 24 hours to refresh your spirit and nourish your soul, what would you do?
- When would you do this? Can you pick a date in September and put it on your calendar?

Closing Prayer - Close by sharing your prayer requests and praying for each other.