



## Small Group Notes

**Text:**

**Exodus 20:8-11**

**Title:**

**Abiding through sabbath**

**Further scriptures:**

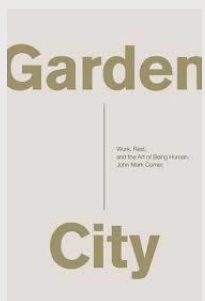
Genesis 2:1-3

Isaiah 58:13-14

Mark 2:23-28

Deuteronomy 5:12-14

Hebrews 4:11



Last Sunday we looked at the last of the spiritual practices in the Abide series, Sabbath. We looked at what sabbath is, why the practice of sabbath is beneficial to us and how to go about integrating sabbath into your rhythm of life.

### Reflect

1. What most impacted you from the passage or from the preach?
2. What was your previous understanding of sabbath? Has your view / understanding changed? If so, in what ways?
3. What does Genesis 2:1-3 tell us about God and sabbath?
4. Do you think Christians should practice sabbath? Or do you think Christians don't need to? Do you view sabbath as a command or a gift? Or both?
5. What are the benefits of practicing sabbath? (Think about restlessness, resistance, and surrender).

### Respond

1. 'People who practice sabbath live all seven days differently.' What do you think this means?
2. What causes you restlessness in your soul?
3. Which 'god' do you most need to resist: the god of accomplishment ('I've got to do') or the god of accumulation ('I've got to have.')?
4. Do you find it hard to stop? Why is this? What does your struggle to stop reveal about your view of God?

### Practice

1. If you have taken a sabbath since the preach, share your experiences of it:
  - What day did you take?
  - How did you mark the beginning and end?
  - What did you do?
  - How did you find it?
  - What would you differently next time?
2. If you haven't taken a sabbath yet or aren't sure if you want to, share your reasons why. What are your concerns / fears / hesitations?

### Further reading

Here are a few great books if you want to dig a little deeper:

*Garden City*, John Mark Comer

*Sabbath, The Ancient Practices*, Dan Allender

*Sabbath as resistance: Saying no to the culture of now*, Walter Brueggemann