

COMMUNITY GROUP GUIDE

OLD HABITS NEW LIFE Message Series

How Can You Take an Entire Day to Rest Once a Week?

For the week of May 22, 2022

1. If you had a fuel gauge that measured your level of feeling rested and renewed over the last few months, where would the gauge read right now?
2. What is currently causing you to feel drained?

Read Exodus 20:8-11 and Genesis 2:1-2.

3. Does it surprise you that taking a sabbath – a day to rest from work, and worship once a week – makes it on the same list as “do not murder” and “do not steal?” Why or why not?
4. What would shift or change in your life if you started taking one day off, purely to rest, and engage in pursuing and worshiping God?
5. Taking a day to rest, we all get that sounds good, but why is gathering to worship intended to be part of that Sabbath rest?

Read Mark 2:23-28.

6. What are the observations you notice between the difference in how the Pharisees and Jesus viewed and treated the Sabbath?

Read Mark 3:1-6.

7. The Sabbath is about the renewing and restoration of life. Where are you most needing that in your own life right now?
8. What is keeping you from engaging with this as a regular rhythm in your life?
9. In the message the idea was shared: If you work with your hands, rest with your mind. if you work with your mind, rest with your hands. What are the things you can do or engage with on the Sabbath that provide rest and renewal?

Close by reading Matthew 11:28-30 and then praying this for your group after sharing prayer requests together.

