

bottom line

Weekly rest is life-giving
because it's the design
of the Life-Giver.



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

Tell about one of the best times of rest you've ever had in your life.

reading scripture together

Read *The Sabbath Laws* in Exodus 23:10-12.

play today's group intro video

suggested discussion questions

getting connected with scripture:

- *Sabbath laws dealt primarily in days of the week but also in years. Can you think of any longer patterns of rest than days that are practiced in our culture?*
- According to these Sabbath laws, who and what can receive a blessing when we rest regularly?
- How might a greater commitment to Sabbath by our group or church impact the society and world around us?

getting real with each other:

- *Read the commentary on what happened when God exiled Israel from the Promised Land in 2 Chronicles 36:20-22:*
 - How may our society's lack of Sabbath be affecting our world, including animals and land?
 - How may I have been depriving myself by not faithfully observing Sabbath?
 - Who else may I have been depriving by not faithfully observing Sabbath?
- What are our typical excuses for not faithfully observing Sabbath and how valid do you think they are from heaven's perspective?

getting practical with our faith:

- What would be the first step you would need to take to make a weekly Sabbath more realistic for your life?
- Who do you need to have a conversation with to give this habit a greater chance of success?
- **This Week:** Take that first step and have that first conversation!