



Jesus and the Rest of the Week Part 2: Sabbath

1. So... let's get right down to it. When do you rest? What times and spaces in your life have you set aside to withdraw, recharge, and renew? What works best for you in order to get that done?
2. Have there been times in your life where you didn't take enough time to rest? Why?
3. There are a wide range of opinions about whether or not the law to take a sabbath (from Exodus 20) still applies to us. For many, the sabbath requirement is a part of the Old covenant that Jesus fulfilled once and for all. How should we, as followers of Jesus living under His grace, look at the Sabbath?
4. Turn in your Bibles to Leviticus 23. Read through the list of the festivals that God sets aside, and note how serious God seems to be about all of it (i.e. vv29-32).

What does it mean to you that God literally commanded His people to party from time to time?

What does it mean when God says you are to *deny yourself* (v. 32)? How is taking time to rest "denying yourself"?

5. Discuss together: How could our group get more intentional about sabbath and celebration together? Is there something we could all do together that would help us return to these rhythms in our lives? How can we hold one another accountable?
6. Let's end our time together not by praying as always, but by reading aloud a famous passage—Ecclesiastes 3:1-8. (You may want to have one reader read aloud to the whole group, or recite it together).

As you hear or speak the words, ask God to make you aware of the rhythm He created you for.