

TAKEAWAY

BECAUSE HE'S WORTH IT, The wonder, why and ways of worship.

Sabbath - Rest as Worship

Sunday 28th October 2018

INTRODUCTION

On Sunday, Matt spoke on rest as worship, looking particularly at the idea of the Sabbath.

READ

Read Genesis 2v1-2 and Exodus 20v8-11

DISCUSS

1. God doesn't need a rest. Why does he cease working after 6 days?

2. Taking a Sabbath is one of the Ten Commandments. Why do you think it is so important to God?

Read Mark 2v23-28

3. How would you explain the way the Pharisees see the Sabbath, in your own words?

4. How would you explain the way the Jesus sees the Sabbath, in your own words?

5. How does Jesus' Lordship over the Sabbath change things for us?

6. What things make it harder for you to Sabbath well?

7. Is there anything related to you (paid or unpaid work) that it might be helpful to stop doing?

8. What activities create joy and rest for you?

9. How does being creative, or appreciating creation, feature in your Sabbath?

10. How can you structure your Sabbath to create a greater awareness of God in your life and in the world?

11. What are your biggest unhelpful temptations around Sabbath?

12. What restful activities might you be tempted to 'overdo'?

13. How can this group help you be accountable around some of these things?

14. How is 'Sabbath-ing' countercultural? What does following it 'say' to those around us?

