

# TAKEAWAY

## HEALTHY HOUSEHOLDS



### Part Two: Sabbath

*At Maybridge we want to be a church of disciples who make disciples – we hope this takeaway session encourages practical outcomes in the lives of the individuals in your group. The focus of group discussion should be on becoming ‘doers of the word’ and not just hearers or people who enjoy a good discussion!*

#### DESIRED OUTCOMES

*You don't necessarily need to share these, but be aware as a leader to help steer discussion.*

- God patterns a rhythm of working hard and resting hard at Creation.
- To see Sabbath is a gift from God that is an act of worship and share ways you can experiment with sabbathing

As always, there are more questions and prompts than you'll have time for, so feel free to use what is helpful for your group as time allows and discussion flows.

#### INTRODUCTION

We believe that because Jesus is God, it's worth listening to what he says about how to live. This series is the opportunity to think practically about what following him looks like in different key areas of life. In this session, we begin thinking about rest and the gift of sabbath.

#### SHARE

- What would the ideal day off look like to you?
- When was the last time you felt genuinely rested?

#### READ

**Genesis 2:1-4**

#### DISCUSS

God didn't need to rest, and yet He did. We do need to rest, and often we don't. Why is this?

Is Sabbath currently a part of your life rhythm or not?  
If so, how?

What might be the advantages of ensuring we preserve a full 24 hour day each week away from *all* the forms of work we must do?

What features of our culture lure us away from sabbathing?

#### READ

**Mark 2:23-28**

#### DISCUSS

Jesus is questioned when his disciples broke the Pharisees' interpretation of the Law concerning the Sabbath (the Pharisees said even picking a few grains counted as work, which is forbidden on the Sabbath). Jesus responds with an example of when David broke the Law of Moses concerning consecrated (holy) bread.

In your own words, why were David and Jesus' disciples justified in breaking the Law?

How does Jesus show that he was interpreting the Sabbath Law appropriately in this situation?

What does Jesus mean when he says “The Sabbath was made for man, not man for the Sabbath.” (verse 27)? What opportunity is Sabbath rest intended to give?

#### EXPLAIN

The pattern of working for six days and resting for one is given at Creation – God makes the seventh day Holy or ‘set apart’ (we can read about it in Genesis 2:2). There are a few examples when God continues to form His people's lives around this rhythm and keeping the Sabbath is one of the Ten Commandments given by God in Exodus 20:8-11. It is the only commandment to refer to Creation and gives the greatest detail in how it is to be observed.

How can we keep the Sabbath life-giving and meaningful, rather than religious and restrictive in the way the Pharisees viewed it? (Note: Initially the novelty of sabbathing might make it feel great, but we will always have the human temptation to turn it into the wrong things.)

What are the obstacles that get in the way of your practicing Sabbath? Either practically or emotionally?

Why does ceasing to work for a day each week lead to a dependence on God?

Which practices are you excited to try as you experiment with sabbathing?  
How might observing the sabbath affect the rest of your week? Your life generally?

### **PRAY**

Pray for one another – that you would find helpful sabbath practises that draw you closer to God.

### **TRY OUT**

- Give some of the suggestions about observing Sabbath a try over the next few months. It might not work every week initially, but you might be surprised at how quickly you enjoy sabbathing – and even craving it each week! You could feed back to the group how you are getting on, and what practises you find helpful. Remember – there is no ‘right’ way to sabbath.
- Reflect on any obstacles (practical and emotional) that get in the way of your practicing Sabbath. What internal drivers do you have that inhibit your ability to *genuinely rest*? Reflect on any changes you’d like to make – it may be starting small, like carving out an hour to spend on a life-giving activity, or it could be planning a day every month to cease all work... Share your next steps with a member of the group or friend. Give them permission to ask you how it went.