

SIMPLIFY.

PART 6: SABBATH (PART 1)

INTRODUCTION

During this season, we've all experienced new and higher levels of stress, because life has radically changed for all of us. What do you do when that starts to become normal? What if you could actually find a way to thrive spiritually during this uncertainty? Jesus gives us an invitation to live differently. He calls us to a simplified life.

BIBLE VERSES

Matthew 11:28-30

Genesis 1:1

Ecclesiastes 1:8

Genesis 2:2

Mark 2:27

Mark 2:28

DISCUSSION QUESTIONS

1. Have you ever experienced “rest for your soul?” If so, how?
2. How do you define or identify with “rest for your soul?”
3. Thomas Aquinas once asked “what would it take to feel satisfied?” He answered the question: “Everything.” Do you agree or disagree? Why?
4. Pastor Will taught that the reason we feel restless is because we have infinite desire, but a finite soul, and that the only way to satisfy our infinite desire is through a relationship with Jesus. If you have a personal relationship with Jesus, how have you experienced satisfaction that you have not been able to experience outside of that relationship?
5. When God “rested” in Genesis 2:2, the idea is that he stopped to delight in his creation. What could you do for 24 hours that would fill your soul with deep joy and delight?
6. How can you create a rhythm that includes a time for consistent Sabbath into your life?

MOVING FORWARD

In the creation story God blessed three things: The animal kingdom (“be fruitful and multiply”), human beings (“be fruitful and multiply”), and the Sabbath. The Sabbath can also produce life. It is a life-giving time of rest and delight that God created and gave us as a gift. It is a time God has given us to be fully satisfied in him and experience true rest for our souls. Jesus built the rhythm of sabbath into his life. To experience the rest Jesus offers we also need to build the rhythm of sabbath into our lives.