

SIMPLIFY.

PART 7: SABBATH (PART 2)

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

Exodus 20:8-11

Deuteronomy 5:12-15

John 1:12

DISCUSSION QUESTIONS

1. The moment our desires begin to control our lives rather than us controlling our desires is the moment we begin to feel like rest is unachievable. How have you experienced this principle?
2. Pastor Will taught that there is something inside us that fights against practicing Sabbath (stopping for one day every week to rest and worship). What are the reasons you have used to push back against personally practicing Sabbath?
3. Worship is anything we do that focuses our hearts on God in such a way so that we can express gratitude towards God for who he is and for what he's done. How is this definition of worship different from how you may have defined or experienced worship in the past?
4. The Sabbath command in Deuteronomy 5 is grounded in the exodus story, as a reminder that the Israelites were once slaves in Egypt, living under an oppressive system that said one's value is determined by what they have and what they accomplish. Have you felt like a slave to this same system today that says your value is determined by what you have and what you've accomplished? How? How have you been driven by this system?
5. Read John 1:12. God loves you and says you are valuable simply because you are his child. Practicing Sabbath is an opportunity to rest in this truth and break free from the slavery of trying to do enough and accumulate enough. How will you build Sabbath into your life this week?

MOVING FORWARD

As you build into your life a rhythm of practicing Sabbath, a filter you can use to learn how to be intentional in experiencing Sabbath rest the way God designed is to ask the following questions: Is this rest? Or is this worship? If it is genuinely restful for you, or if it causes you to delight in who God is and what God's done, it's how God wants you to experience the Sabbath. God did not create the Sabbath to be a legalistic burden for us to carry around, but rather to be an opportunity to experience life-giving rest and worship.