

**Life Group Discussion Questions  
More Than Suggestions**

***Commandment #4 – Keeping the Sabbath***

**Opportunity for Life Change: Sabbath rest will nourish so we can flourish.**

As we look at commandment #4 we will see that God desires for His people do life in healthy rhythms. Out of His love for us God encouraged and modeled the practice of Sabbath rest.

Sabbath rest is much more than just taking a break or a day off. Genuine Sabbath rest will nourish our souls and enhance our relationship with God.

Sabbath rest will refill our emotional, spiritual and relational tanks so that we can take on the challenges of each day with more than just a desire to survive. We can be nourished so that we can flourish.

**Gathering Together (Icebreaker)**

1. As a Life Group, discuss what you think of when you hear the concept of Sabbath.
2. How many Christians do you think are making Sabbath rest a priority in their life? Why do you think that is the case?

**Growing Together (Truth/Equipping)**

1. Read **Exodus 20:8-11**. Discuss what this commandment says about Sabbath and why it may be important for us to practice.
2. During creation we read that God worked six days and rested on the seventh (see **Genesis 2:2-3**). Why is this important and how could it influence our patterns in life?
3. Read **Mark 2:27**. In the context of this passage, Jesus is making it clear that Sabbath is not about legalistic practice. What are your thoughts on this passage and how it should impact our lives today?
4. Sabbath is for refocusing. Read **Psalms 46:10** and discuss why this part of Sabbath rest would be important on a regular basis.
5. Sabbath is for enjoying. Read **John 15:1-17**. How does taking time to “abide in Christ” enhance our relationship with God?

6. Sabbath is for strengthening. Read **Matthew 11:28**. What are the consequences of neglecting regular times of Sabbath rest?
7. Sabbath is for trusting. Read **Proverbs 3:5-6**. Why is taking time to rest such a test of trust?

### **Getting Real with One Another (Accessibility)**

1. Are you encouraged to make Sabbath rest more of a priority in your life? If so, what is one step that you can take this week to make that desire a reality?
2. How can this Life Group hold you accountable to implementing that commitment in your life?

### **Group Prayer Time (Supplication)**

Pray that we will be inspired to take Sabbath rest and make it happen in our life on a regular basis. Pray that we will take leadership of our schedules rather than allowing our schedules to be what dictates life and its priorities. Pray that we will be nourished by times of Sabbath rest so that we can flourish in our relationships.