

Life Group Sermon Discussion Questions

Based on sermon 12/29/24 The Gift of Sabbath Rest - Sam Smith

1. What is something you regularly have a hard time remembering?
2. When you hear the word *rest*...what comes to mind? How about the word *Sabbath*? Are there connotations you have with either word?
3. Read Genesis 1:31-2:3
 - a. What do you notice about God and His creation in this passage?
 - b. What does the passage say about the 7th day?
4. Read Exodus 20:8
 - a. What is one reason God gives in this passage for giving us the Sabbath?
5. Read Exodus 31:13 & Ezekiel 20:12
 - a. From these passages, what is another reason God has given us the Sabbath?
6. What challenges, hurdles or distractions keep you from resting or experiencing sabbath as a gift?
7. Read Matthew 11:28-30
 - a. How do Jesus' words here invite us into rest *now*, and not just to wait for an eternal rest in heaven?
8. Read Mark 2:23-28
 - a. How does this give us insight into the heart God in giving us the Sabbath
9. How might God be leading you to take steps toward embracing the gift of rest into your regular rhythm of life? Why might you need to lay down to accept this gift? How do you need God's help? How might you help one another to experience Sabbath rest together?
10. Spend time in prayer for one another - asking for God's help to experience Jesus as your gift of rest.