

THE DISCIPLINE OF SABBATH REST

Mark 2:23-28

MAIN IDEAS FROM THIS WEEK

1. SABBATH REST IS WORSHIP
2. SABBATH REST IS RESTORATIVE
3. SABBATH REST IS LIBERATING

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. Life can be exhausting. What is wearing you out these days?
3. This week, we defined "rest" as "being wholly satisfied in what has been accomplished." What have you accomplished in your life and what are you still hoping to accomplish? What has God accomplished?
4. One of the main ideas this week was that "Sabbath rest is liberating." What are some things that you could be freed from if you learned the discipline of sabbath rest? How does sabbath rest liberate us?
5. Aaron shared three practical ideas for how to experience sabbath rest: 1) STOP, 2) UNPLUG and 3) GATHER. Talk together about each of these three ideas and discuss which ones you think would make the biggest difference in your life. What steps can you take to build these rhythms into your life?
6. What are some things you can do to fill your soul with a deep sense of wonder, awe, gratitude and worship toward God?

A TRUTH TO TAKE WITH YOU: Sabbath rest is a refusal to build our lives on our own work and, instead, to be wholly satisfied with what God has done.