

SERMON 2.0

DISCUSSION GUIDE

Icebreaker

What is the luxurious item in your life that would be hard to give up?

Scripture

Have volunteers read the passage from this weekend's message Exodus 31:12–18. Then discuss the following:

- What do you observe in the passage? What is repetitive, jumps off the page, is interesting, or may be confusing or challenging?
- You may have observed keeping the Sabbath as being holy to the Lord. How can resting in the Lord be a place of sanctification?
- How does the example of the Lord resting & being refreshed on the seventh day of creation encourage you to rest & be refreshed in the Lord?

Application

- Is resting in general a difficult task for you? Why or why not?
 - Is resting with the Lord a difficult task for you? Why or why not?
- Why must Jesus be a part of your Sabbath rest? What are ways that you can worship within your Sabbath?
- Why is it necessary for our souls to turn off the noise and distraction to sit and be still with God?
 - What does constant redlining and hurry do to our restfulness?
 - What is the best rhythm for you to schedule Sabbath? Discuss.
 - Do you believe that Sabbath allows your relationship with Jesus to grow strong? How have you experienced God's blessing of Sabbath?

Focused Prayer

Close the evening with these prayer topics from tonight's passage:

- Pray to God a prayer of gratitude for His care for our souls to be at rest in Him.
- Share with the Lord where you are feeling burdened, distracted, or overwhelmed.
- Pray for each other to become refreshed in time with the Lord.