

***(This document contains Life Group Questions as well as Recommended Resources mentioned in the sermon.)**

TAKE A BREAK

Life Group Questions | Sunday, July 22, 2018

What comes to mind when you hear the word *Sabbath*?

Why is it so hard for us to take a break? Underlying any behavior are a set of beliefs. In this case the set of beliefs that drive our frantic workaholicism are lies.

Read and discuss the following lies. How do you see each lie playing out in your life?

- 1. We are what we produce.**
- 2. The quicker we move the more we get done.**
- 3. We have no limits.**

The word *sabbath* comes from the Hebrew word that means *to cease or stop working*. **Read and discuss the following scriptures.** What themes do you see? How do you understand God's vision for this rhythm of rest?

- **Genesis 2:1-2**
- **Exodus 20:8-11**
- **Isaiah 58:13-14**
- **Hebrews 4:9-10**

TAKING A BREAK

"Be still, and know that I am God." (Psalm 46:10)

4 Principles of Sabbath:

Stop | Rest | Receive | Delight

Tips on Keeping Sabbath:

- Choose a 24-hour period once a week for your Sabbath rest
- Light a candle as you begin your Sabbath. Pray - "God, I enter your rest."
- What activities will I stop so that it is truly a day of rest, worship and delight?
- What activities bring me delight, and how will I incorporate them?
- Consider taking a break from technology
- Consider taking a break from buying and selling
- Seek opportunities to celebrate your Sabbath with others
- Practice mini-Sabbaths throughout each day
- Plan longer Sabbath periods throughout the year
- Use the day before Sabbath to prepare

Discuss your response to the idea of implementing this weekly rhythm. Where can you see it being helpful in your life? How might you be intentional about *taking a break*?

Pray together.

Taking a Break

*"Be still, and know that I am God."
-Psalm 46:10*

4 Principles of Sabbath:

1. Stop
2. Rest
3. Receive
4. Delight

Tips on Keeping Sabbath:

- Choose a 24-hour period once a week for your Sabbath rest
- Light a candle as you begin your Sabbath
Pray - "God, I enter your rest."
- What activities will I refuse to engage in so that it is truly a day of rest, worship and delight?
- What activities bring me delight, and how will I incorporate them?
- Use the day before Sabbath to prepare
- Consider taking a break from technology
- Consider taking a break from buying and selling
- Seek opportunities to celebrate your Sabbath with others
- Practice mini-Sabbaths throughout each day
- Plan longer Sabbath periods throughout the year

Resources:

Subversive Sabbath by A.J. Swoboda
Mudhouse Sabbath by Lauren Winner