

**Work & Rest**  
Sabbath as Rhythm  
(Genesis 2:1-3, Ex 20:1-17)  
Life Group Questions – July 17, 2022



### Connect

1. What is your background with the practice of Sabbath? (I.e. Have you ever experimented with it, when did you first hear about it, is it familiar to you or unfamiliar and why, etc?)

### Learn

2. Read **Genesis 2:1-3 & Exodus 20:8-11** and discuss the significance, if any, of the following:
  - a. God resting in light of verses like Isaiah 40:28?
  - b. God blessing the Sabbath before he blesses animals (v22) and man (v28)?
  - c. Time being made holy **before** a place or a person in the story of scripture?
  - d. The practice of Sabbath being the only spiritual discipline (fasting, prayer, scripture, solitude, feasting, etc) in the ten commandments?
  - e. The practice of Sabbath being at the center of this list of “family rules”?
3. **Read Luke 10:25-27.**
  - a. Had you ever noticed before how “Love the Lord your God...” connects to the first three commandments and “Love your neighbor as yourself” connects to the last six commandments? Is the fourth commandment necessary and foundational for the other nine? Is there a pace to relationship and love?

### Apply

4. We can overvalue “things in space” through accumulation and achievement in the form of many things including but not limited to:
  - Events on our calendar (*we’re go, go go*)
  - People in our life (*they become checkboxes rather than living souls*)
  - Status amongst colleagues and peers (*workplace, home, church, with God*)
  - Material items and money (*in the form of security, escape, happiness, winning*)Which are you most tempted by and why? Share a concrete example.
5. Do you plan to implement the practice of Sabbath into your routine? Why or why not? What will it look like if you do?

### Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Please make time before departing to check in with each other and pray for one another.