

THE SABBATH / APRIL 13

SERMON DISCUSSION GUIDE

Read & Pray

Read Exodus 31:12–17. After reading, pray for God to open our hearts to discuss and apply these truths.

Sermon Recap

Review the sermon with your group, highlighting the following:

- "Sabbath is about peaceful dependence on God, rather than anxious dependence on self."
- "We don't Sabbath because we are tired; we Sabbath because we are forgetful."
- "Sabbath is a weekly rebellion against the idols of hurry, hustle, and self-reliance."
- "Relaxation is not the same as restoration ... Sabbath reminds us we are not what we do."
- "Sabbath is practicing the truth that God is enough."
- "Being with God is more important than doing things for God."

Group Discussion

1. How does Exodus 31:12–17 reveal God's intention for Israel, and what stood out to you from the sermon?
2. Pastor Curtis mentioned Jesus' words in Mark 2:23–28. Read this passage together. What does this passage teach about the Sabbath? How should that shape how we think about and practice the Sabbath?
3. How do you distinguish between mere relaxation and the true restoration that rest offers? What activities bring you genuine rest versus temporary escape?
4. Reflect on Hebrews 4:9–11. How does understanding Jesus as our ultimate Sabbath rest change how you approach your weekly rhythms of work and rest?
5. What's one concrete change you could make to your weekly schedule to better practice the principle that "being with God is more important than doing things for God"?

SCRIPTURE

- "For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience." - Hebrews 4:8–11(ESV)

PRAYER

- Pray that God would help us resist the cultural pressures of constant productivity and find our true rest in him.
- Ask God for wisdom in how exactly he wants us to practice rhythms of rest, so that we might honor him in all things.
- Ask God to deepen our understanding of Christ as our ultimate Sabbath rest.