

D-Group Discussion

God's Top Ten – Experiencing Sabbath – 3/2/11

DISCUSSION:

Discuss what you heard in the message about Sabbath tonight:

-Was there anything you have questions about?

-Was there anything that really hit you as true? If so, what was it and will it inspire any change in your life?

The Israelites were afraid if they stopped working for a day that they would not be able to provide enough food to eat. Discuss what we are afraid will happen if we stop our frantic activity for a day.

It is not just work we need a Sabbath from... many of us need a Sabbath (day of rest) from FaceBook... our cell phones... video games... TV and movies... What is it for you? What is using up your time and the space in your heart and mind, keeping you from resting fully in God?

Read Mark 2:27 and Exodus 16:29a

'Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

"They must realize that the Sabbath is the Lord's gift to you."

God says that He gave the Sabbath **FOR** us. It is a gift... a blessing... an opportunity! Have you ever thought of it that way before? If yes, are you ready to reclaim that gift? If no, are you willing to trust God at His word and begin practicing Sabbath now?

CHALLENGE:

Identify a day in the next week that you will set apart as holy to the Lord. Let God guide you as to what that day needs to look like. Focus on resting your soul from your worries and connecting with God.

RESOURCE:

Please take a Sabbath guide as a resource. If it helps use it, if you have something you are doing that works better, you may throw it or give it away.

PRAYER:

Take time in D-group and at home to pray with and for each other.

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