

LIFE GROUP

DISCUSSION QUESTIONS

God's Antidote to Busyness April 28, 2024

Summary

In this sermon, Pastor Kyle explores how embracing the wisdom and practice of Sabbath refreshes our soul by focusing on God's faithfulness.

Scripture

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:8-11 (NIV)

The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple. Psalm 19:7 (NIV)

He refreshes my soul. He guides me along the right paths for his name's sake. Psalm 23:3 (NIV)

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." Matthew 22:37-40 (NIV)

Let's Start

If you could design your ideal Sabbath day from start to finish without any constraints, what would it look like?

Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. Do you personally take a Sabbath day each week? If so, what does that look like?
2. What are some challenges you face in incorporating Sabbath rest in your life? How can you overcome them?
3. Pastor Kyle gave two practical concepts about Sabbath:
 - Approach Sabbath like a holiday.
 - Sabbath is about God's provision, not our performance.How can you add these elements to your Sabbath?

