

# LIFE GROUP

## DISCUSSION QUESTIONS

### Sabbath is a New Way to Work January 12, 2025

#### Summary

In this sermon, Kyle explores the practice of Sabbath as a gift from God, rooted in trust and reliance on His provision. Using the story from Exodus 16, the story of manna in the wilderness illustrates how God provided for the Israelites daily, teaching them to trust Him for their needs, particularly through the rhythm of six days of work and one day of rest. Sabbath is not just a legalistic command, but a time to pause, reflect and recognize God's provision in our lives. It shifts our mindset from striving to achieve to receiving with trust. Sabbath helps us see God's hand in our lives and gives us a new perspective for the rest of the week.

#### Scripture

Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days." Exodus 16:4-5 (NIV)

When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Moses said to them, "It is the bread the LORD has given you to eat." Exodus 16:14-15 (NIV)

Then Moses said to them, "No one is to keep any of it until morning." However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them. Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. He said to them, "This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. "Eat it today," Moses said, "because today is a sabbath to the Lord. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any." Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, "How long will you refuse to keep my commands and my instructions? Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out." So the people rested on the seventh day. Exodus 16:19-30 (NIV)

The manna was like coriander seed and looked like resin. The people went around gathering it, and then ground it in a hand mill or crushed it in a mortar. They cooked it in a pot or made it into loaves. And it tasted like something made with olive oil. Numbers 11:7-8 (NIV)

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He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. Deuteronomy 8:3 (NIV)

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:1-4 (NIV)

### Let's Start

Can you think of a time when you had to fully trust that God would provide for your needs? How did that experience shape your faith?

### Gratitude and Prayer

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

### Let's Talk

1. What challenges do you face in setting aside time for Sabbath, and how can you work through them?
2. How does the story of manna help you understand the concept of daily reliance on God?
3. Kyle talked about the Principles of Manna, which were:
  - It required daily trust in God to provide.
  - Whatever they were given, it was enough.
  - They had to work to collect what was provided.
  - It followed the rhythm of creation: six days on, one day off.

How do these principles apply to our daily lives, especially regarding trusting God, contentment and maintaining a healthy rhythm of work and rest?

4. Kyle said, "Sabbath gives us a new way of working: receiving over achieving." How can you shift your mindset from "achieving" to "receiving" in your daily life?
5. What practical steps can you take during your Sabbath to intentionally recognize God's provision?
6. How can the practice of Sabbath help you trust God more deeply in a specific area of need in your life?

### Let's Act

If you haven't already, sign up for the Sabbath Challenge. You'll receive weekly emails and reminders that will help keep you accountable and offer suggestions and ideas on how to live this way practically in the midst of our busy lives.

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If you're ready to participate in the Sabbath Challenge, we'd love to hear from you! To get started, scan the QR code or text "sabbath" to 952.900.3276 to let us know you're joining. We'll also send you a weekly reminder and check in to see how the challenge is going.