

LIFE GROUP

DISCUSSION QUESTIONS

Sabbath is God's Time January 26, 2025

Summary

This message explores the concept of Sabbath as a weekly pause to reflect on life, prioritize time with God and value our limited time. Drawing from Psalm 90 and Ecclesiastes 3, Kyle emphasizes how Sabbath gives us wisdom by helping us reflect on how we spend our days, enjoy our time by being fully present in life's fleeting moments and recognize that time ultimately belongs to God. Sabbath, as a spiritual discipline, shapes our lives by fostering intentionality and gratitude.

Scripture

All our days pass away under your wrath; we finish our years with a moan. Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away. If only we knew the power of your anger! Your wrath is as great as the fear that is your due. Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:9-12 (NIV)

There is a time for everything,
and a season for every activity under the heavens:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.

What do workers gain from their toil? I have seen the burden God has laid on the human race. He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. Ecclesiastes 3:1-11 (NIV)

Let's Start

If you had a completely free day with no responsibilities, how would you spend it?

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Gratitude and Prayer

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

Let's Talk

1. How does the idea of "the things we do, do things to us" relate to the practice of Sabbath?
2. How can reflecting on the brevity of life bring wisdom into how we spend our time?
3. Kyle gave three suggestions for Sabbath:
 - Be unhurried
 - Be present
 - Be analog

How can unplugging from media or technology during Sabbath help us connect more deeply with God and others? Have you tried any of these in the past weeks?

4. What practical steps could you take to incorporate Sabbath rest into your week?
5. How does recognizing that time belongs to God change your perspective on how you spend it?

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.



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.
