

LIFE GROUP

DISCUSSION QUESTIONS

Sabbath Is About Eden January 5, 2025

Summary

Kyle begins our new series, *Made for This*. In this sermon, he explores the biblical concept of Sabbath, emphasizing that we are not defined by our busyness but created for rest and relationship with God. The Sabbath, rooted in God's creation and modeled after His resting on the seventh day, is a "stop day" designed to break the cycle of work and help us reconnect with God and enjoy the gift of life. The practice of Sabbath serves as a micro-Eden—a moment to pause, settle into God's presence and savor life with Him and others. Through intentionality and reflection, Sabbath reminds us of our ultimate purpose and the abundant life we are meant to live.

Scripture

Genesis 1—2:3

“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)

Let's Start

How do you typically respond when someone asks, “How are you?” Does “busy” resonate with you? Why or why not?

Gratitude and Prayer

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

Let's Talk

1. What does the idea of Sabbath as a "micro-Eden" mean to you? How might this change your view of rest?
2. How do the patterns of seven in the creation story deepen your understanding of the Sabbath's significance?
3. What challenges might you face in observing a Sabbath, and how can you overcome them?
4. Kyle gave some practical steps to explore Sabbath:
 - Pick an intentional time for Sabbath.
 - Stop work.
 - Enjoy God and others.

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What specific steps can you take this week to intentionally set aside time for rest and connection with God?

Let's Act

Have you signed up for the Sabbath Challenge? When you do, 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.