

# LIFE GROUP

## DISCUSSION QUESTIONS

### Sabbath Challenge Panel February 16, 2025

#### Summary

Today's final panel discussion concludes the *Made For This* sermon series, which has focused on the biblical theme of Sabbath—what it means, how it points us to Jesus and how it is a gift rather than a burden. The panel shares their experiences from the Sabbath Challenge and offers practical insights on implementing Sabbath in daily life.

#### Scripture

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." Mark 2:27-28 (NIV)

#### Let's Start

As we wrap up this series on Sabbath, what is one key takeaway or "a-ha" moment that has stood out to you?

#### Gratitude and Prayer

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

#### Let's Talk

1. What were your initial thoughts when you first heard about the Sabbath Challenge? Did anything surprise or challenge you?
2. What practical steps did you take to set aside time for Sabbath, and how did that impact your week?
3. Did you face any struggles or obstacles while trying to observe Sabbath? How did you navigate them?
4. How has practicing Sabbath changed your perspective on rest, work and your relationship with God?

#### Let's Act

How do you plan to continue incorporating Sabbath into your life moving forward? How can we encourage and support one another in making Sabbath a regular rhythm in our lives?

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