

DISCUSSION GUIDE - Rt. 66 Unique Stops Along The Way - Week 1 Sabbath

1. Icebreaker- Have you ever practiced the Sabbath? Known someone who has? What did that look like to you?
2. Read Exodus 20:8-11 and Matthew 5:17. Do you believe that the Sabbath is to be practiced by Christians today? Why or why not?
3. A.J. Swoboda, who wrote Subversive Sabbath said, "The great irony of sabbath keeping is how hard it is for us to say no to people but how easy it is for us to say no to being at rest with God." What are your barriers to living the sabbath?
4. Read Mark 2:27. What does this mean to you? The Sabbath is not intended to be oppressive to us. It is a gift for us. How does understanding it help us to implement it?
5. What Sabbath behaviors/activities/practices do you believe would be honoring to God and restful for you? What would not be honoring to God and truly restful for you?
6. Application- Read Luke 10:38-42. There are plenty of opportunities to work and yes, there are plenty of things that need to be done. In all of that, one thing is necessary. What will you remove this week to make room to rest in God's presence? What will you do to prepare (set yourself up for success) for that rest?