SERIES - MAKE ROOM   Week 4 - Sabbath

BIG IDEA
Sabbath is not a legalistic rule but an invitation to human flourishing.

SCRIPTURE
Matthew 11:28-30, Genesis 2:2-3, Exodus 20:8-11

ICEBREAKER AND OPENING THOUGHT
1. What is your preferred way to relax?
2. Thomas Aquinas, a philosopher and a priest was once asked, "What would it take to satisfy human desire?" His answer, "Everything." We all have this inner nagging for more. Desire is infinite, but we are finite. This means that our desires can lead us into a chronic, insatiable state of restlessness. In what ways have you experienced what Aquinas wrote?

BIBLE DISCUSSION
3. Sabbath is a practice that helps remember that we find our identity in God. Read Genesis 2:2-3 and Exodus 20:8-11. What do you notice?
4. John Mark Comer said, "The Sabbath is an entire day set aside to stop - stop working, stop wanting, stop worrying—and to simply rest in God's presence." Why is stopping be such a critical spiritual practice?

LIFE APPLICATION
5. Scientists now say we suffer from Hurry Sickness. Psychology Today defines this phenomenon this way: a behavior pattern characterized by continual rushing and anxiousness, an overwhelming and continual sense of urgency. How might "hurry" be a behavior that hurts or harms us?
6. Sabbath is the practice that helps us slow down. Here are some basic steps to practice it. How might you begin to work Sabbath into your regular week? (For more discussion, check out the list in the leaders guide on restfulness and restlessness.)

   a. Stop
   b. Rest
   c. Contemplate
   d. Delight

CHALLENGE
God designed us to flourish in a relationship with himself, each other, and all of creation. We need the Sabbath to be fully human. Maybe a question we could all ask ourselves today is this: "What does my pace of life say about what I believe to be true about God?" Is God only interested in my output? Is my identity wrapped up in how much I can do? Or does this creative, loving Father, invite every single one of us to deep and abiding rest?