

6/18/17 | Etched in Stone: Remember the Sabbath

"The Sabbath was made for man, not man for the Sabbath."

—Jesus, Mark 2:27 | ESV



DISCUSSION QUESTIONS:

1. Have you ever worked 7 days (or more) in a row? What was that like?
2. What is attractive about having a busy, on-the-go lifestyle? Why? Are those reasons short-term, long-term, or with eternity in mind?
3. How busy is too busy?
4. Consider this quote. Are stress and passion mutually exclusive?
5. Read Exodus 20: 8-11. Why does God specify that even animals and servants should do no work on the Sabbath?
6. Read Exodus 16:19-30. Why did God withhold manna on the Sabbath? Was He being overly strict? Does this mean we cannot cook on Saturdays or Sundays?
7. Read Joshua 6:1-5, 15-16. Did the Israelites do seven times as much work on the Sabbath? What happened here? Does God condone breaking the law if it means killing some Canaanites?

"Working hard for something we don't care about is called stress. Working hard for something we love is called passion."
—Simon Sinek

8. In Matthew 12:1-14, is Jesus saying that the Sabbath no longer matters? Why or why not?

9. How is rest important for our physical well being? How is rest important for our spiritual well being?

TAKE AWAY: One month Sabbath challenge! Take a Sabbath day every week for the next month.