

THE GOOD NEWS STARTS AT HOME

SABBATH - GOD IS THE CENTER OF OUR LIVES



The **Good News**
STARTS @HOME

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“ Come to me, all of you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

MATTHEW 11:28–30 (CSB)

NOTES:

STOP:

“ So the heavens and the earth and everything in them were completed. ² On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. ³ God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.”

GENESIS 2:1–3 (CSB)

REST:

“ Be careful to remember the Sabbath day, to keep it holy as the Lord your God has commanded you. ¹³ You are to labor six days and do all your work, ¹⁴ but the seventh day is a Sabbath to the Lord your God. Do not do any work—you, your son or daughter, your male or female slave, your ox or donkey, any of your livestock, or the resident alien who lives within your city gates, so that your male and female slaves may rest as you do.

¹⁵ Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and an outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day.”

DEUTERONOMY 5:12–15 (CSB)

DELIGHT:

NOTES:

“ If you keep from desecrating the Sabbath, from doing whatever you want on my holy day; if you call the Sabbath a delight, and the holy day of the Lord honorable; if you honor it, not going your own ways, seeking your own pleasure, or talking business;

¹⁴ then you will delight in the Lord, and I will make you ride over the heights of the land, and let you enjoy the heritage of your father Jacob.' For the mouth of the Lord has spoken.”

ISAIAH 58:13–14 (CSB)

WORSHIP:

“ God blessed the seventh day and declared it holy, for on it he rested from all his work of creation”

GENESIS 2:3 (CSB)

“ He told them, 'This is what the Lord has said: 'Tomorrow is a day of complete rest, a holy Sabbath to the Lord. Bake what you want to bake, and boil what you want to boil, and set aside everything left over to be kept until morning.' "

²⁴ So they set it aside until morning as Moses commanded, and it didn't stink or have maggots in it. ²⁵ 'Eat it today,' Moses said, 'because today is a Sabbath to the Lord. Today you won't find any in the field. ²⁶ For six days you will gather it, but on the seventh day, the Sabbath, there will be none.'

²⁷ Yet on the seventh day some of the people went out to gather, but they did not find any. ²⁸ Then the Lord said to Moses, 'How long will you refuse to keep my commands and instructions? ²⁹ Understand that the Lord has given you the Sabbath; therefore on the sixth day he will give you two days' worth of bread. Each of you stay where you are; no one is to leave his place on the seventh day.' ³⁰ So the people rested on the seventh day.”

EXODUS 16:23–30 (CSB)

Stop.
Rest.
Delight.
Worship.
Repeat.

DISCUSSION QUESTIONS:

COMMUNITY GROUP VIDEOS available on the APP |     

- 1- Our culture constantly pushes us toward busyness and productivity. Where do you most feel the pressure to stay busy or productive in your life right now?
- 2- Sabbath is the day we remember that God, not our work, is the center of our lives. Then what are some ways our work, schedules, or responsibilities can quietly become the center of our lives instead of God? How might Sabbath push back against that?
- 3- Stop --> Rest --> Delight --> Worship. Which of these movements is easiest for you? Which is hardest? Why?
- 4- Isaiah describes the Sabbath as a delight, not a burden. What are some simple things that help you delight in God's goodness (creation, meals, time with family, worship, etc.)? How could these become part of a Sabbath rhythm or habit?
- 5- Part of discipleship is modeling rhythms for our children and families. If someone watched your weekly rhythm, what would they learn about rest, joy, and worship? What would it look like to intentionally teach or model Sabbath in your home?
- 6- Practicing Sabbath does not have to be perfect to begin. What is one small step you could take this week to move toward a healthier rhythm of Sabbath? How can the group pray for, or support you, in that step?

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