

GROW GROUP QUESTIONS

Announcement: Can your group participate in Neighbors Day together? Sign up through our website during group time!

Icebreaker: If you had an entire day with no responsibilities, no to-do list, and no interruptions, how would you spend it?

Sermon Discussion: *Read Genesis 2:1-3 and Matthew Exodus 20:8-11*

- What comes to mind when you hear the word “Sabbath”? How was Sabbath talked about or practiced in your family growing up?
- The Sabbath was meant to be life-giving, not burdensome. What activities bring you true rest and refreshment?
- What aspects of God’s character do we see through the practice of Sabbath?
 - How does this shape our understanding of who He is and how He invites us to live?

Going Deeper

- How does the idea of God “reigning” change your opinion of what the Sabbath is actually about and how it should be practiced?
- The Sabbath was about worship, not just recovery. How might you center your rest around worship—both individually and in community?
- The sermon noted that rest is not laziness or disengagement, but total dependence on God to the point of having no concerns.
 - What’s the difference between disengaging and trusting?
 - Where are you finding it hard to rest because of self-reliance or anxiety?
- “If you don’t take steps to rule your life, your life will rule you.” Where do you see this happening in your own life keeping you from a Sabbath?

Next Steps

- How can your Sabbath practice include delighting in God, community, and creation?