

Emotionally Healthy Spirituality  
Chapter 6: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on discovering the rhythms of the daily office and sabbath?
  
2. On a scale of 1 to 10 (1 = least busy to 10 = very busy), how busy are you? And where on the scale would you like to be?
  
3. What is one practice you do on a daily/weekly basis that helps you stay connected to God?
  
4. What activities, places, and/or people create rest and delight for you?
  
5. Scazzero explains the "Daily Office" as a "turning to God...to be with [Him]" not get something from him (page 143). On pages 147-150 he gives four elements of the daily office (listed below). What is one step you could take to implement the practice of the Daily Office this week into your schedule?
  - i. Stopping
  - ii. Centering
  - iii. Silence
  - iv. Scripture
  
6. On pages 154-160, Scazzero gives four qualities of biblical Sabbaths (they are listed below) that distinguish it from a "day off." Which of these would be most challenging for you as you seek to implement the Sabbath into your life? Explain.
  - i. Stop
  - ii. Rest
  - iii. Delight
  - iv. Contemplate

7. Scazzero makes the point that the Sabbath will be different for everyone (pages 153-154). When it comes to rest, he gives “nine possibilities to consider replacing with rest” (pages 156-157). Of the possibilities he listed, what are one or two that you would like to rest from?
- i. Work
  - ii. Physical exhaustion
  - iii. Hurriedness
  - iv. Multitasking
  - v. Competitiveness
  - vi. Worry
  - vii. Decision making
  - viii. Catching up on errands
  - ix. Talking
  - x. Technology (e.g., cell phones, TV, computers, social media, etc.)