

SCRIPTURE CARD GUIDE FOR GROUP DISCUSSION

"SABBATH" OCTOBER 8

SERIES OVERVIEW:

As we continue to pray, "Jesus, lead me to listen to Your voice and follow you." The question remains what does it look like to follow Jesus. Is it complicated? Is it hard? How do we follow Jesus? In Matthew 11:28-30 Jesus uses the phrase "my yoke is easy and my burden is light." Could it be that Jesus has a more fulfilled life than we could ever imagine just waiting for us as we follow Him? Amazingly, Jesus Himself shows us exactly what the life of following Him looks like through His own spiritual practices of slowing, prayer, solitude, silence, scripture, sabbath and community.

Follow the directions below for a guided group discussion with a friend, in a family, small group, etc. Grab a Scripture Card (printed or electronic) and simply follow steps from 1 to 6 on this page and the next.

1

PRAY

About 1 minute

Open in prayer.

2

BIG IDEA

A minute to read

The human heart will never be satisfied, there will never be enough... and before we know it, we never stop. The word Sabbath comes from the Hebrew word Shabbat and it literally means "to stop." Isn't it high time that we see the sabbath not as a burden, but as a gift?

3

CONNECT

About 10 minutes

What would you do if you were given a free afternoon to do anything you wanted this week?

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Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." - Mark 2:27

Reflect

Read the full passage in your Bible - Matthew 12:1-14 and Mark 2:27.

What is something that is grabbing your attention from the passage and why?

Is the concept (and your understanding) of Sabbath foreign or familiar?

Is there anything about the idea of observing sabbath that is inviting to you? Why or why not?

4

DISCIPLE LIFE DISCUSSION

About 45-50 minutes. Read the Scripture above and discuss the questions there. Additional questions below.

Read Genesis 2:2-3, Exodus 20:8-11, and Mark 2:27. What needs of people do you think God was trying to fill with the Sabbath?

Consider a typical week of work, hurry, multitasking, worry, decision-making, catching up on errands, talking, cell phone/computer, etc. What do you think would be the result if you were to stop a few of these activities listed for an extended period of time each week?

What do you think would be the result if you instead you spent time each week to rest (physically and mentally), to delight in God's creation (nature, beauty, special foods, etc), and to ponder the love of God getting to know Him better through His Word and prayer?



DISCUSSION HELP:

Use follow-up questions to take the discussion deeper. Guide answers to be honest and real.

Can you say more about that?

How have you seen that play out in your life?

What does that stir up in you?

Has anyone else had a similar thought or experience?

What might God be inviting you to do?

5 PRAY:

About 15 minutes

Read each of the prayer prompts.

Write prayer requests on an index card and pass it to the person on your right. Close in a circle prayer reading the card you hold. The leader or apprentice will open and close the prayer.

THE [DISCIPLE] LIFE

Pray

Be honest with God about the idea or invitation to receive sabbath as a gift.

Sabbath is an opportunity to stop, unplug, and rest. Talk to God about any part of that that is inviting or any longings it stirs up. Are you noticing any resistance?

Take a moment to focus on gratitude. What do you want to say to Jesus?

Live It Out

Choose one of these options to practice following the Jesus way of life (the easy yoke).

Dip your toe in...Set aside 30 minutes on Sunday to intentionally create a quiet, restful space (like turn off electronics), setting aside worries, cares, etc and just rest.

Dive in...Set aside 4-6 hours to focus on what's above. You might incorporate time for reflection, worship, space for beauty or extended rest.

Jesus, thank you for inviting me into this LIFE of following you today!

6

LIVE IT OUT:

About 2 minutes

Read the "Live It Out" section and invite the group to practice one this week.

Follow up next week on how it went...

What was helpful? What was challenging?

In practicing this, were there opportunities Jesus provided to discover your identity in Him? To become more like Him? To help others to discover their identity in Jesus or become more like Him?

How did you see God at work in your life through this practice?