SESSION 1: VIEWER GUIDE

Are we so ________________ with ________________ that we can’t even enjoy a break when it’s thrust upon us?

We ________________ the things we are ________________ to.

Because anything we’ve been given to enjoy outside of the __________ in which it was designed to flourish will cause …

______________
______________
______________
______________
in our lives.

God’s boundaries are ________________.

In Deuteronomy 5:6-21, Moses reviews the 10 ________________.

The Sabbath was a ________________. 
Word for Sabbath in Hebrew is ______________, it means
to ______________, to ______________, to ______________,
to come to ______________.

The Sabbath was a ______________ against the children of Israel
becoming ______________ again.

SESSION 1: GROUP QUESTIONS

★ If you’d been interviewed for the newspaper article, how would you
have responded to the reporter’s question?

★ Did any good gifts that have begun to have too much control over
you come to mind while you were listening?

★ How do you see evidence that these things or people have too much
control in your life?

★ How do you normally respond to the boundaries your friends estab-
lish in their lives? Do you support the boundaries or find yourself
being frustrated with them?

★ God gave the Sabbath to Israel as a gift for which they should have
been grateful. In what ways does the thought of having margin and
boundaries in your life feel like a gift from God? In what ways does it
feel like bondage?
SESSION 2: VIEWER GUIDE

They had never been told __________________ ________ ____________

SABBATH PRINCIPLES

I. Resist the urge to ____________________ .

Two Boundaries for Receiving Manna:

1. Gather every day for six days, but on the __________________ don't
   ________________.

2. Gather enough for each day; do not __________________ ____________ for
   the __________________ ____________ .
SESSION 2: GROUP QUESTIONS

* The Israelites were told to resist the urge to work because, as a people group, work was their specific compulsion. Other than work, what do you see as the main obsessions of the people in your sphere of influence?

* What are the positives and negatives of the technological age? How is the broadening of technology supporting workaholism?

* Resisting the flesh is the key to spiritual victory. Consider Galatians 5:16-23 and discuss what it looks like to be led by the Spirit.

* What are practical ways to resist the flesh?

* In what ways do you most clearly see that the enjoyment of life is being squeezed out by excess?

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SESSION 3: VIEWER GUIDE

SABBATH PRINCIPLES

I. Resist the urge to _______________.

II. Remember what you ___________ ___________ _________.

Refuse to ___________.

#sabbathmargin
SESSION 3: GROUP QUESTIONS

- As a group, discuss the things in your life that were most difficult to put margin around last week.

- Were their any specific principles from your Bible study on the Sabbath that helped?

- Recall a time when you implemented margin in your life, despite a concern that there was still more to be accomplished, and saw a “double portion” of God’s blessing.

- What is a scarcity mentality? In what areas of your life do you struggle with the fear of not having/being enough?

- Is there anyone in the group who can share a testimony of God’s freedom in their lives? How has their perspective changed since then?
SESSION 4: VIEWER GUIDE

SABBATH PRINCIPLES

I. Resist the urge to continue.

II. Remember what you used to be.

III. Recall what God has accomplished

Rhema word: When the Holy Spirit takes a ________ message and applies it __________ to your life.

The Sabbath first comes up in the ___________ ___________.

#sabbathmargin
SESSION 4: GROUP QUESTIONS

Define God’s sovereignty. How can a firm belief in it reframe your perspective on your current circumstances and upcoming decisions?

In week 1, we discussed how God actually created Sabbath rest on the seventh day. Discuss any connections you may detect between that principle and the concept you learned today—that God made a declaration of His sovereignty on the seventh day.

As a way to build each other’s faith and encourage those who might be discouraged, take time to recall what the Lord has done on your behalf this week. How have you seen His presence, power, and activity in your circumstances recently?

What are some other creative ways that you might be able to incorporate and apply the “14 Challenge” into your life?

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How might considering the Sabbath a “delight” lead to or enhance delighting in the Lord?

How do you think neglecting the Sabbath might invite the growth of other sin in our lives? How might honoring Sabbath margin encourage the growth of righteousness in other areas of life?

What part do you think pride plays in your struggle with the areas you’ve identified as potentially overwhelming? (p. 105)

How did you rewrite the sentence, “Chronic overloading is not a spiritual prerequisite for authentic Christianity”? What insights did you have from that statement?

What big ideas do you plan to take away from this study?

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