

WEEK 7: Building A Resilient Faith | Sabbath

Discuss the first two questions before watching the video.

- Does your background include observing a Sabbath day? If so, what was your experience?
- What's your idea of a perfect relaxing day?

Play the Teaching Video for Week 7.

- Share reflections from the video. Watch the video [here](#).
- [Here is the link](#) to the YouTube Playlist.

Discussion Questions

Select a few questions to discuss as a group.

- What impact has busyness had on your life?
- Read [Genesis 2:2-3](#) and [Exodus 20:8-11](#). This is the history of Sabbath. It is one of the Ten Commandments God gave to Moses. Sabbath is not a command to New Testament followers of Jesus as it was to the Old Testament Israelites, but we can learn from this practice. Read [Mark 2:27](#). Sabbath is a gift of time to enjoy rest from work and joy in God. Do you feel you get enough of that?
- Read [Matthew 11:28-29](#). How do you think this passage might apply to your life?
- Do you think practicing a weekly Sabbath can benefit your spiritual growth? Why?

Application

- What are some of the things people do to experience a day of Sabbath rest and joy in God? For many people, it's a day to attend church followed by a relaxing time of fun in the company of their family. For some it includes a substantial amount of time in solitude with God. Discuss the possibilities you would personally enjoy. What are some things to avoid? Why?

- What kinds of preparations can you think of that might be made ahead to enjoy a Sabbath day (make meals ahead or reservations at a restaurant, etc.)?

Prayer

Have everyone share one way to pray for them this week.

Consider splitting into groups of 2-3 and praying for each other. Alternatively, close the group by praying for your group and God's direction this week.

Going Deeper | Put Into Practice

This week make preparations for a Sabbath experience. Consider:

1. Will this be a day with others, for instance my family or friends, or a day of solitude, or some of both? If you cannot set aside an entire day, pick a shorter block of time.
2. What do I need to do ahead in order to set this time aside?
3. Who needs to know that I'm (we're) not going to be available?
4. What activities are the things that will allow me (us) to experience God's rest and not end up feeling like it's a task I must accomplish?