

The Jesus Way 5

Main Idea

Practicing Sabbath helps us to slow down to enjoy the life God has given us in an age of distraction.

Starter

What is the most refreshing place you've ever visited?

Discuss

How can we pray for you and/or your family?

Spend some time praying together as the Holy Spirit leads.

Scripture

Read [Exodus 20:8-11](#), [Deuteronomy 5:12-15](#), and [Mark 2:27-28](#). Then discuss:

- What do you notice about the purpose God gave the Sabbath?
- What does Sabbath show you about what God wants for our lives?
- Have you ever tried to practice Sabbath regularly? If so, what did you learn? If not, what keeps you from trying it?
- How do you think practicing Sabbath would help you to enjoy the life God has given you more fully?

Read [Matthew 11:28-30](#) as a group:

- How does Jesus' invitation to come to Him to find rest encourage or challenge you?
- What would need to change for you to make the practice of Sabbath more of a priority in your life?

Apply

This week, do a Sabbath challenge as a group. Make a list of things you need to do to prepare to take a day of rest and discuss with your family what you would like to do together to enjoy your relationship with God and each other. Next week, you will discuss how it went and what you learned as a group.

Spend some time praying together to trust God and follow His leading in this area of your life.