

# LG DISCUSSION LIFEGROUPS GUIDE

Use these questions in your Life Group gatherings or for further discussion as a family.

## THE GIFT OF SABBATH | JULY 10, 2022

### SERMON RECAP | Matthew 12:1-13, Hebrews 4:1-11

*Studies show that those who sabbath have better mental health and less burnout. God commanded humanity to sabbath one day each week. There are consequences if we ignore this often-forgotten commandment.*

### THE LEAD IN

- What does rest look like for you? Do you set aside a day each week to sabbath? If you don't, what keeps you from doing so?

### GETTING INTO THE TEXT

- Read Matthew 12:1-13. What are the differences between how the religious leaders approached the sabbath with how Jesus did? Why was Jesus referred to as “Lord of the Sabbath” and how might that relate to this difference in approach?
- Read Hebrews 4:1-11. What do you think God's rest might mean? How do we enter it? Why is it important for us that God rested?

### GOING DEEPER

- We live in a “go, go, go” culture. Sabbath is not a concept that we or culture does well or even embrace. Why would God give—and elevate—the command to take a sabbath day each week?
- What should a sabbath day look like? Rest is not laziness. How can we rest yet be productive and be ready to act on the Lord's prompting while we sabbath?

### PRAYER

- Pray for each other to make time weekly to sabbath well. Pray that through sabbath, you would each find refreshment in the Lord.