

Instructions:

Group leaders, take some time before your gathering to look over these questions. Ask the Holy Spirit to guide you as you pick 3-5 questions to discuss that pertain to your group's unique style and needs.



Series: In a Hurry

We live in the digital age with access to more information and modes of communication than ever before. There is always more to read, see, watch, and do in the deluge of news, social media, streaming platforms, and alerts. Many of us are left feeling behind, hurried, stressed, and just plain rundown.

But what is this hurried pace of life doing to our souls?

Join us this fall as we explore "how to stay emotionally healthy and spiritually alive in the chaos of the modern world." That is, how to slow down and connect with our God, our community, and even our souls. Jesus invites us to follow a way of love that is incompatible with a hurried lifestyle. Join us, as we adopt practices that will help us slow down and experience rest and life with Jesus.

Message description:

Sabbath is a 24-hour period of restful worship, by which we cultivate a restful spirit in all our life. A good way to think about Sabbath is through the four translations of the Hebrew word for Sabbath, *shabbat*: Stop, rest, delight, and worship. We cease from all working, all thinking about working, all worrying and all wanting. We rest our soul, physically, mentally, emotionally, and spiritually. We relax, cease our striving, and rest in God's love for us. We pamper our soul with activities that spark joy, wonder, gratitude, and happiness, such as eating good food, walking in nature, spending time with family or friends, listening to music, playing games, or just having fun before God. We index our heart toward grateful praise and adoration of God, and we surrender our life to him.

Throughout Scripture, we see a theological foundation for Sabbath, from Genesis when God modeled the pattern of work and rest into the very structure of creation, to the command to Israel to set apart a day to make it holy. Jesus himself had a weekly pattern of Sabbath in which he exemplified the chief aim of the Sabbath as a gift from God to humanity; that is, to promote life and extol God as a liberator. Through providing for the greater needs of others or healing, Jesus embodied the promise of salvation, freedom, and new life, even on the sabbath.

You were created for life, rest, play, worship, delight. What keeps you from experiencing this gift?

Key Scriptures

Mark 2:23 - 3:6

Questions Related to This Week's Message:

1. How did your practice of silence and solitude go last week? What did you think? What did you find challenging or enjoyable? [Encourage each other to keep practicing! We aren't going for perfect, only present to God and our own spirit's/needs].
2. Do you feel less hurried than you did at the start of this series? Why or why not?
3. Have you noticed any change in your own hurry sickness [symptoms: irritability, hypersensitivity, restlessness, workaholism, emotional numbness, out of order priorities, lack of care for your body, escapist behaviors, slippage of spiritual disciplines, isolation]?
4. Have you ever observed a regular practice of Sabbath? If so, when? And what did it look like for you?
5. What did you learn or hear differently about the practice of Sabbath in the teaching?
6. What is the biggest barrier to you observing Sabbath right now?

Going Deeper:

From the companion guide of John Mark Comer's "The Ruthless Elimination of Hurry"

Jesus had a weekly rhythm of practicing Sabbath. To rest and worship and delight in God and announce his reign through salvation and healing. The Kingdom of God is at hand.

He invites you to begin practicing this rhythm today:

1. Set aside a day.
2. Clear your schedule.
3. Turn off your phone.
4. Say a prayer to invite the Holy Spirit to pastor you into his presence (dedicate it to the Lord).
5. Rest and worship. In whatever way is life giving for your soul.

Questions to begin practicing Sabbath:

- What is life-giving for you?
- What helps you delight in God's presence?
- What could I do for 24 hours that would fill my soul with deep joy? That would make me spontaneously combust with wonder, awe, gratitude, and praise?

FOR MORE, CHECK OUT "FOUR SPIRITUAL PRACTICES TO START PRACTICING SABBATH" ON OUR WEBSITE