

INTRODUCTION

This week, we kick off our new series *Rhythms of Rest: The Gift of Sabbath*. Many of us have ideas about what Sabbath is, what it means, what it looks like, what we're supposed to do. For others, the idea of Sabbath may be less clear. To get us started, Pastor John walks us through the simple question, "What is Sabbath?"

DISCUSSION

1. If your family practiced it, what did Sabbath look like in your childhood home? If you're an adult, has your practice of Sabbath changed over the years? Explain.
2. What does the phrase "practice the Sabbath" mean to you? Does it bring out feelings of guilt or obligation? Joy or rest? Indifference?
3. Pastor John says, "God built this into the fabric of life...this need for purposeful break, intentional stopping." Share your own habits and rhythms. Are you in a season where a break feels possible? Impossible? What would "intentional stopping" look like for you?
4. Pastor John explains, "When we focus on the *how* instead of the purpose, we miss the point." Think about your own perspective on Sabbath. If you've been more focused on how it's supposed to look, discuss how you could reorient (change) your perspective to focus on God's desire for your rest. What could you do differently?

TAKE ACTION

1. After reflecting on your own patterns, **determine what you need** to make Sabbath work for you. You may need to talk with your partner or family about this. Bring them into the conversation, so they can better understand what you need.
2. **Make a plan.** Most of us can Sabbath on Sunday, but if that doesn't work for you, set aside another time to rest and spend time with God.
3. **Prepare for rest.** As much as possible, avoid scheduling other things during your Sabbath. Silence your phone. Turn on white noise or quiet music. Environment matters, so find a spot that will help you feel relaxed and not remind you of all the things you "need" to do.
4. **Start your Sabbath off right.** Say a quick prayer, inviting God to come sit with you, and ask Him to give you rest.

RESOURCES

Breathe: Making Room for Sabbath by Priscilla Shirer

Soul Rest by Curtis Zachery

The Sabbath by Abraham Joshua Heschel

The Rest of God: Restoring Your Soul by Restoring Sabbath by Mark Buchanan

Fight Hustle, End Hurry podcast hosted by John Mark Comer & Jefferson Bethke