

FAQ (Frequently Asked Questions)
Week #6: What Does the Sabbath Have to Do with Me?

1) What are some the common activities in your life that wear you out? ...that make you tired? ...that make you feels hurried and frantic?

2) What are some of the activities or practices in your life that give you rest? ...that recharge you emotionally and/or physically? ...that allow you to feel unhurried and relaxed?

3) How frequently do you engage in the second list of activities and practices (the restful activities)? Is there a pattern, routine, or schedule? If so, is it a daily cycle, weekly cycle, or some other interval? Big Idea – what are your patterns of work and rest? Do you have a pattern or do you just rest “when you have time?”

Read Exodus 31:12-17

4) Why do you think that requiring that the Israelites honor/observe “The Sabbath” was so important to God? What did God gain? What did the people gain?

Read Matthew 11:25-30

5) Is Jesus talking only about “spiritual rest?” Is he talking about physical rest? Is he talking about emotional rest? Is he talking about all of these things?

6) Taking on the “yoke” of Jesus, and learning from him, means taking his same attitude and habits concerning rest. Consider the following verses that describe the habits of Jesus:

Matt 14:23 *“After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone...”*

Mark 1:35 *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

Mark 6:46 *“After leaving them, he went up on a mountainside to pray.”*

Luke 5:16 *“But Jesus often withdrew to lonely places and prayed.”*

Luke 6:12 *“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”*

Luke 9:28 *“About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.”*

John 6:15 *“Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.”*

5) What are the patterns that seem to emerge from these verses? What type of habits did Jesus have regarding rest? What types of activities were his primary mode of rest?

6) What habits are missing in your life that would provide you with a regular cycle of rest? What do you need to do in order for that to become a reality? What is your next step?

7) Make a commitment to take that next step this week.

Take time to pray for one another.