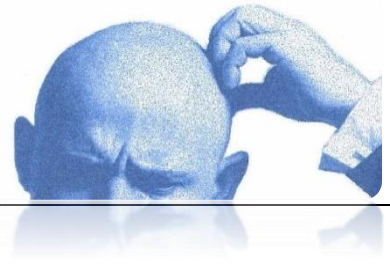


Sabbath

Small Group Questions



The following questions are intended to start conversations.

Use only the ones your group finds helpful. Explore others as they come up.

- Most Christians believe that the 10 Commandments still matter. Why have we largely ignored the command to keep the Sabbath?
- Read **Matthew 12:1-14**. What strikes you about this story?
- This story is not about whether we should keep the Sabbath or not. This is assumed. The debate circles around what the Sabbath is for. What does Jesus suggest?
- What is the connection between the Sabbath discussion and the healing of the man with the shriveled hand? Why is this important?
- Read the same story in **Mark 2:23-28**. Who is the Sabbath for? What are the implications?
- Is keeping the Sabbath still relevant today? Why or why not?
- Discuss the following: “In an age that has lost its soul, Sabbath keeping offers the possibility of gaining it back... In contrast to the technological society in which the sole criterion of value is the measurement of efficiency, those who keep the Sabbath find their criteria in the character of God, in whose image they celebrate life.” (Marva Dawn)
- If you did keep the Sabbath, what might it look like? Be as specific as you can.
- What is the biggest factor keeping you from observing the Sabbath?
- Consider accessing the Sabbath Practice booklet on **Sermons+** for additional suggestions.

Matthew 11:28-30 (MSG): “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”