

## ***Small Group - Sabbath Rest (Nov. 15/20)***

1. What are some of the symptoms of restlessness? What about the modern world contributes to this restlessness?

*Hear the Invitation:*   **Read Exodus 2:8-11; Deuteronomy 5:12-15**

2. In the 10 commandments – the command to keep Sabbath is the only command that includes an explanation – here is why you should keep Sabbath. Looking at both Exodus and Deuteronomy why are we told to keep Sabbath? What do we learn about Sabbath from these explanations?

For optional follow-up to help make this question more specific if it doesn't come up on its own:

Remember you are created in the image of God. We rest because God rested. We rest to honour the divine (image) in us, to tell ourselves that there is more to us than what we do during the week – Judith Shulivitz. Discuss.

Remember you are created – creature – not God. The worst hallucination busyness conjures up is the conviction that I am God. How will the right things happen at the right time in the right way if I am not watching and worrying and waiting – how can Sabbath be a way to deepen our trust that God is God and we are not?

After their rescue from slavery in Egypt the Israelites are invited to take a Sabbath to remember that they had been rescued from slavery. What slavery are we willingly putting ourselves into if we do not take a Sabbath? How does Sabbath keeping break the chains of those different kinds of slavery?

*Engage the Practice:*   **Read Genesis 1:1-2:3**

3. There are a number of repeated ideas and refrains that are missing from day 7. One of those repeated phrases is – it is good. A number of commentators point out that this is something we are meant say on Sabbath after reflecting upon our work. "Is it good? Is it worth doing? Is it worth continuing?" How could we bring this practice of Sabbath into our lives? What would be the benefit of such prayerful reflection?
4. Another one of the repeated ideas is that God forms what is formless and fills what is void. The ancient Rabbi's said that God formed rest on the 7th day – but we never hear what fills that rest. They likened God to a king who fashioned rest as a bridal chamber which he plastered and painted and adorned – and invites us as his bride to fill that chamber. We are invited to delight in him – in his goodness – in his creation – in his good gifts on Sabbath. How could we make this breadth of worship (worth ship – seeing what he is worth – giving him what he is worth) more a part of our Sabbath practice?

*Embrace Sabbath's Fulfillment:*   **Read Hebrews 4:1-16**

5. Ultimately Jesus has won for us a rest – a rest in the identity we have in him – a rest in the forgiveness of our sins – a rest in the Father's love and delight. How can resting in who we are in Jesus on Sabbath root us in deep rest?