

# Group Reminders

## Spiritual Growth Check-In

Check in with the group on their spiritual growth this week (remind of purpose to *notice each other's growth*).

- How have you been intentionally seeking Christ this week? Share any ups or downs
- (Is there encouragement, challenge or comfort needed?)

## Care Check-In

Check in with the group on any needs for care and prayer (remind of purpose to *care when tough things happen*)

- Anything going on in your life that you can share with the group?
- How can we support and pray for you? (Write them down!)
- Recall any shared items from previous weeks, ask about them.

## Pray

Take a few moments to pray for each other. If group is large, try splitting into smaller groups.

# Sermon Discussion Questions - Sept 29

## Introduction / Ice-Breaker

- Have you ever kept going on something so long it would have been better to stop and start again in the morning? Share an example!
- How have you understood the Sabbath in the past? Did your family practice a day of rest growing up? What did it look like?

## Sermon/Scripture Discussion

### Re-read Genesis 2:1-3 as a group

- What theme is repeated multiple times throughout these three verses? Why do you suppose this is?
- Did God need to rest? (See Isaiah 40:28)
- What phrase is missing from the account of the seventh day that is found in the account of day one through six? (Hint: “evening and morning”). What do you suppose this means?

## Period

- Pastor Joshua preached that the seventh day represented a kind of “period” at the end of God’s creative “sentence”. It was a note of completion. It was finished. He saw what he had made, declared it good—including the possibility of sin!—and then rested.
  - How is this possible? How can the possibility of sin be considered good and complete? What did God already have in mind?
  - How does Romans 8:28 speak to this?
  - We can trust that God has completed what needs to be completed and will bring his promise to fruition!
    - In what area do you struggle to believe this?

## Pattern

- Read Genesis 1:26-27 and Ephesians 5:1.
  - How do these verses speak to our *purpose*? What does it mean to be made in his image / be imitators of him?
- If God rested, so should we! He designed us to represent him and be like him—which includes ceasing from our work!
  - Do you struggle to stop working (in its various forms)? If so, why?
  - What does constant striving and never-ceasing work say about our view of God?
  - What do you believe about God and his provision? Do your actions and lifestyle (with regards to work) match up with your belief?
- How is God’s example of resting a gift to us as humans?
  - Why would Jesus say, “The Sabbath was made for man, not man for the Sabbath”, in Mark 2:27?
  - Have you ever treated the Sabbath as a religious duty to fulfill rather than a gift from God? How can you get free from that? (See Galatians 5 for Paul’s take on law-keeping vs Spirit-filled living)

## Picture of Salvation

- Read Hebrews 4:8-11. The author of Hebrews is commenting on the Israelites who—because of faithless disobedience—didn’t enter the land God promised. They didn’t enter God’s rest. Yet these verses talk about *another* rest / Sabbath.
  - What is that rest? What “works” are we resting from just as God rested from his (v. 10)?
  - What is the parallel between God’s finished work of creation and what Jesus has done for us?
  - What does it mean to “strive to enter that rest”? (See also John 6:29, John 15, Hebrews 13:20-21)
- What does Jesus say in Matthew 11:28-30?

## Practice of Sabbath-Keeping

- Read Colossians 2:16-17. What does it mean that these are a “shadow” but the “substance” belongs to Christ?
- We don’t have to keep the Sabbath *day* as Christians, but *rest* is still a gift from God—found in Christ as we abide in him / he in us. We can rest in him all day, every day!
  - How would you rate your level of rest in Christ on a day-to-day basis?
  - How could you *practice* resting in Christ in order to grow your trust in him?
  - Could you dedicate some time of rest as an *offering* to God? What would that look like for you?
  - The next time you rest, take a moment to remember God’s salvation

## Prayer

- Thank God for his example of rest and stopping for our sake
- Thank God for always providing for us
- Confess sinful beliefs:
  - That we must work in order to keep living
  - That God can’t provide
  - That we are in charge