

## Sabbath May 2<sup>nd</sup> Group Discussion Notes

1. In your life how have you viewed the “Sabbath” and why?
2. Did you have family members who had strict views of the Sabbath? Share a story.
3. How does the Sabbath connect to ‘Creation Theology’?
4. What does it mean to keep the Sabbath day Holy? Why was this important to the Jewish people concerning their history?
5. Galatians 3:24 refers to the (custodian, tutor, or child conductor) as the Law that leads to the person of Jesus. Create a group statement that summarizes this idea.
6. Do you have friends or family members that still see the Bible or the Way of Christ in a legalist way? How could this verse be helpful for them to see the way of Christ as a relationship verses rules?
7. How can you practice the 4 pillars of the Sabbath? If you have a difficult life schedule how can you intentionally practice the Sabbath?
8. Pick one of the Sabbath Disciplines and commit to practice it once this next week. Share with the others how you plan to implement this in your life.
9. What is one personal challenge to practicing the Sabbath?
10. How can you commit to pray for Seth during his Sabbatical?