



## Sabbath: Finding Rest in a Restless Culture Countercultural Rest

DATE: March 4, 2020

SPEAKER: Josh Storie

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Use the following as a starting point for conversation:

1. Read Deuteronomy 5:12-15 and Exodus 31:13, 17 aloud.
2. Have you intentionally taken a Sabbath in the last couple of weeks? Did you take up Ben's challenge last week to create a sustainable rhythm of rest? If so, how did it go? If not, what's stopping you?
3. Do you find yourself thinking, "My life is too busy to stop and take a break"? When you examine the parts of your life that seem hardest to take a break from, what do you think that indicates you might be enslaved to?
4. Josh said that we might have more time than we think and just not be using it well. How do you most often waste time? What steps will you take to quit wasting that time and start using it intentionally? What boundaries can you set to protect your time better?
5. How does Sabbath point to the gospel? What do you learn about God's love for you when you think about the Sabbath?
6. What steps can you take to learn to say "no" to things without feeling guilty? Is there anything you need to say "no" to now in order to rest well on a regular basis?
7. What steps can you take to learn to say "yes" without feeling guilty in order to delight in God? What will you say "yes" to this week in order to rest well?