

Margin

Practice of Sabbath

Sermon Points: *Mark 1:35, Mark 6:31, Matthew 11:28-30, Exodus 20:10*

Mark 1:35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Mark 6:31 "Come away by yourselves to a desolate place and rest a while."

Group Opener:

What are fake imitations of rest that our culture offers instead of biblical rest?

Discussion Questions:

1. What are the real-life challenges that make healthy rhythms of rest difficult in our culture today?
2. Read Mark 1:35 and Mark 6:31. How did Jesus model rest, and what implications does that have for our discipleship?
3. Discuss what your daily rhythm of rest (Quiet Time) will look like.
4. How could you implement the 4 suggestions for establishing a weekly rhythm of rest?
 - o Decide ahead of time when you will rest.
 - o Prepare for your time of rest.
 - o Stop work.
 - o Engage in activities that allow you to rest your soul and delight in God.