



Sermon Description: The Rested Body

Sabbath: the once-a-week rhythm of spending a whole day abandoning busyness to rest in God's goodness. If you would keep the Sabbath, the Sabbath would keep you.

1. Sabbath means resting in God's control. (Genesis 2:2-3)
2. Sabbath means resting in God's care. (Exodus 20:8-11)
3. Sabbath means resting in Jesus Christ. (Mark 2:27-28)

Group Opener: Jim started the message with the story of Tattoo the dog who got his leash caught in a car door. He pulled along at 25 miles an hour until a motorcycle police officer stopped the car. When was the last time that you felt out of control and dragged along (no time for rest/sabbath).

Discussion Questions:

1. Read out loud the points of the sermon (see above). What encouraged you the most from the message?
2. Read the 4th of the Ten Commandments Exodus 20:8. The other commandments are just a few words, however the sabbath commandment has a lot more explanation. Why do you think God did this?
3. How does control play into Sabbath keeping?
4. Have someone explain Jim's illustration of the Kaddish Cup. This explains how sabbath helps fill your cup/soul and then it overflows into the saucer which represents the rest of life. Have each person rate themselves on how they are doing with observing the sabbath.
5. Sabbath ultimately points to Jesus. Describe how you experience rest in Jesus. Pray for one another to establish a weekly rhythm of Sabbath with God.

Memory Verse "For whoever has entered God's rest has also rested from his works as God did from his." **Hebrews 4:10**

Begin With Prayer **L**isten With Care **E**at Together **S**erve **S**hare