

Sabbath in the wilderness

Opening:

At this point most of you know each other, but if there is anyone new take a minute and have everyone introduce themselves and have them answer the following questions:

- 1) What was the best meal you have ever had? Describe the components like an poet.
- 2) Why did you show up tonight?

Expectations:

- Show up, if you can't make it let us know.
- Have fun.
- What's shared here stays here.
- Be willing to be vulnerable. Growth happens with honesty.
- Share but leave room for others to talk.

Announcements:

Here is where the leader or someone in your group shares other opportunities to be involved at CCC.

Show Video(Sabbath)

Discussion:

- **Read Genesis 2:1-3. What is the Sabbath? Why is it worth noting that the Sabbath was instituted before sin entered the story?**

- **Read Mark 2:23-28. What does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"? Have you ever consistently and intentionally observed the Sabbath? What effect did it have on your life and wellbeing?**

- **In what ways are you tempted to make the Sabbath all about ME instead of understanding God's heart and purpose for giving us the Sabbath?**

- **What are your main reasons for not practicing the Sabbath? Are there any areas where you need to grow in time management? Are there any areas where you need to re-prioritize the things on your plate?**

- **How will you plan and schedule the Sabbath into your weekly rhythm? What are you planning to do?**
- **What are things/spiritual disciplines in life that stir your affections for Jesus and should be a regular staple in your Sabbath rhythm?**
- **What does it look like for you to practice the Sabbath in the context of community? What does it look like for you to practice the Sabbath in a way that is appropriate for your life stage?**

Prayer: Spend some time as a group praying together. Pray for sabbath in your life. Discipline to make Sabbath a day in your week but also a life style. Take a moment at the end and be in silence for 5 minutes as a time to let God speak and also saying no to having to do something or move on to the next thing. Leader finish with some type of Thank You prayer to God for giving us rest and ultimate Jubilee.