

Potential Discussion Questions

4-14-19 Message: Sabbath Rest

1. Have you ever had any experience with “sabbath”? What was it like? How did it impact you? Do you have any current practice that you consider sabbath (soul rest)?
2. Sabbath was a part of the Old Covenant, coming from creation to the 10 commandments. Many feel it was only for Jews, it was fulfilled in Jesus, or is no longer necessary. Talk about your thoughts and attitudes toward sabbath ideas. Along the way, rather than defining it as a day in the week, consider what soul rest is all about.
3. In the commandment, Moses records that we are to *remember the sabbath to keep it holy*. What is the significance of the remembering here? Note it doesn’t exactly say “keep the sabbath.” What is the difference? Why might that be important in considering “soul rest” as New Covenant believers?
4. How do you cultivate thirst for God? How might you enhance this in your life currently?
5. Do you feel you are a deep or shallow person, or somewhere between? What does it mean for you to be deep? How do you dig deep and bust through or avoid the superficial?
6. Would you consider your heart hard or soft at the moment? How do you value and develop a soft heart?
7. Interact with the suggested warning signs of hard-heartedness suggested in the message. Do you identify with or struggle with any of these? Which one(s)? What others would you add to the list? Talk about ways to respond to each one if you sense it’s getting a foothold in your life.
8. What other passages of Scripture help shape your concept of soul rest or sabbath? What desires and expectations do you have for growing in this area of your life during the sabbatical journey?
9. What do you want to keep thinking about or study further from this discussion? What is your best take-away?
10. How can others pray for you this week regarding your journey toward soul rest?

NOTE: the guided devotionals for the sabbatical will be posted on the “bulletin” link of the previous Sunday’s message and/or sent by email each Tuesday. I encourage you to start earlier in the week so your thoughts and responses have some time to percolate. Plan for at least 30 – 60 minutes each week to work through the passages/questions.