

## **Suggested Discussion Questions for 1/31/20201**

Walk the (Covid-19) Wilderness with Moses, pt 17: God's Top 10, pt 3 (Ex 20:8-11)

1. Think about something in your life that you regret. How can bringing that to God in Sabbath make a difference?
2. How do you see Sabbath as a provision for your good?
3. What are some specific, practical ways you can "*keep the Sabbath holy*"?
4. In what ways is it hard for you to give up time and focus for Sabbath/spiritual rest?
5. How have you seen Sabbath restore you? How might you cultivate that in the future?
6. How do you identify rhythm in your life? How does it impact you when you are out of rhythm?
7. How has the COVID season disrupted your rhythm? How has it created new rhythm?
8. For those who are retired, how has your rhythm of work and rest changed? How can you maximize the opportunity for Sabbath?
9. Read 1 Chronicles 29:10-20. How do the principles David unfolds spill into Sabbath?
10. Share something about the wellness of your soul. How do you assess it? How do you monitor it? How might more attention to some kind of regular Sabbath help?
11. How would you like others to pray for you this week?