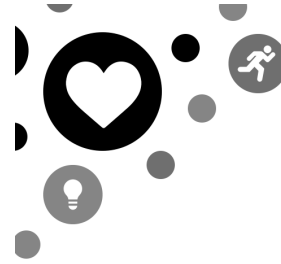


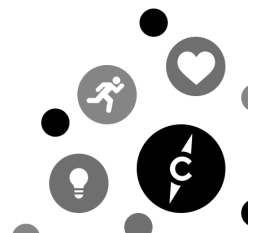
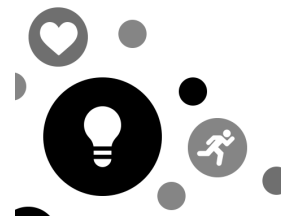
NOTES & QUOTES



# Habitudes

Habits and attitudes  
that bring life change.

WEEK 2 - SABBATH



## CONNECT (BUILD RELATIONSHIPS)

1. Over the years, what changes, positive and negative, have you witnessed in the way the church and our culture views and practices Sabbath keeping?
2. What is the difference between a day off and a true Sabbath?
3. Do you think keeping a Sabbath would be easy or difficult? What about your regular routine would need to stop in order to experience a Sabbath?
4. In what sense does entering into Sabbath require effort and planning?

## THRIVE (EXPLORE BIBLICAL TRUTH)

5. Read Genesis 2:1-3. Why do you think God personally took a Sabbath following creation?
6. Read Exodus 20:8-11. God commanded his people to keep the Sabbath. Why do you think he made the command so extensive and inclusive?
7. Why do Christians view the other commandments as absolute, but the Fourth Commandment as merely recommended?

8. Read Matthew 12:11-12 and Mark 2:27-28. How would you summarize Jesus' view of the Sabbath? What do you think Jesus meant when he said, "The Sabbath was made for man, not man for the Sabbath"?
9. Read Isaiah 58:13-14. What are the physical, emotional and spiritual benefits of Sabbath-keeping?

## COMMIT (BE ON MISSION)

10. Given your unique character and situation, what would bring you the most life on your Sabbath? What might end up draining you?
11. How could keeping a Sabbath deepen your trust in God?

### Pause, Ponder & Pray

"God of rest, I'm so busy. The demands of life are piled high, and my schedule is a tyrant. Help me catch my breath and enter the gift of your Sabbath once more. Free me to enjoy the goodness of your favour in this life. Forgive me for all the ways I try to justify myself by my accomplishments. Help me to rest every day in your grace. Amen."

- Philip F. Reinders, *Seeking God's Face*

### Further Reading:

Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath*