

Trinity Life Group Discussion Questions:

A Sabbath Heart: Finding Rest in a Restless World

Sunday, Jan. 15:

1. What stirs in you when you hear the word Sabbath? Where does that stirring originate?
2. How are you currently practicing Sabbath? How have you done so in the past, or in a different stage of life?
3. What does it mean to you that the Sabbath is a gift from God TO you? Is that paradigm shift for you?
4. What barriers stand between you and the gift of Sabbath? How might you remove those to receive the gift of Sabbath?
5. What can you give your word to “trying on” for the next 6 weeks? What’s one step you can take toward creating and nurturing a Sabbath heart? Maybe it’s 1 hour of Sabbath per week, maybe it’s 1 day, or maybe it’s a Sabbatical?

Sunday, Jan 22:

1. What does it mean that God is sovereign? Why do you think Scripture is so clear on this?
2. In Psalm 46, the psalmist writes that God is our “refuge and strength,” and “a present help in trouble.” When has God shown himself to you as a “refuge and strength,” and a present help in trouble?”
3. We live in a restless and fast paced world. Do you feel like if you were to lean into Sabbath rest, things around you might crumble or fail? Or that maybe people who count on you might be disappointed?
4. Does thinking about the sovereignty of God shift that for you?
5. What’s one thing that you might be able to release in order to practice Sabbath? What do you need to release it well?

Sunday, Jan 29

OC:

1. Where do you find joy and delight? Are there seasons where joy and delight can shift or change for you?
2. Have you ever connected joy and delight (playfulness) to the practice of Sabbath? How does it feel to think of God and playfulness together?
3. Jesus routinely blows up the “rules” of the Sabbath put in the Gospels, as put forth by religious leaders. What “rules” does Scripture give us for what Sabbath should be and look like in our practice? Or, do we often make up the rules?
4. What is one “rule” that you’ve applied to practicing Sabbath that may actually be getting in the way of true Sabbath rest? In the way of joy and delight?
5. What’s one way you can be playful in Sabbath this week? How might you experience God’s presence there?

Hospers:

1. We are a people set free by the life, death, and resurrection of Jesus Christ. But that freedom we live in is quite different than a political or civil freedom. What is the difference? What does the freedom of Jesus mean to you?
2. We are set free to be human, to have limits, and to stop trying to BE God. Where is one area of life that you might not be living into that freedom? Where is one area that you would affirm that you are living into that freedom well?
3. Sabbath includes turning over to God all things we're tempted to hold onto tightly (money, time, status, etc.). What might you be holding tightly that might need to be turned over to God? If you have let go of those things, how have you done that?
4. What resistance do you feel stirring in you as you think about Sabbath as letting go of the things you hold tightly to?
5. What is one thing that feels necessary to do or hold on to during Sabbath that you can stop doing, or let go of, during Sabbath this week?

Sunday, Feb. 5

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2. We are set free to be human, to have limits, and to stop trying to BE God. Where is one area of life that you might not be living into that freedom? Where is one area that you would affirm that you are living into that freedom well?
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Hospers:

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Sunday, Feb. 12

1. Generosity is a key component of Sabbath, especially generosity with our time. How are you at practicing generosity with your time? With God? With others?
2. What barriers keep you from being generous with your time? With God? With others?
3. What stirs in you as you think about Sabbath as a way to give your time generously to God?
4. What's one practical way you can give of your time more generously to God this week? How might your life and pace look different if we made this a habit?
5. What's one practical way that we can be more generous towards others with out time? What needs to happen to allow these "interruptions" to happen well?

Sunday, Feb. 19

1. In Hebrews 4, the writer writes about "entering rest," or "not entering rest." What stirs in you as you think about entering eternal rest?
2. How does this view of heaven, and entering rest, shape your understanding of Sabbath today?
3. What does it mean to truly remember who you are, who you belong to, and where you're headed?
4. How do you imagine an understanding of the end (eternity with God in his new creation) impacting your today? And how does that impact the way we love God and others today?
5. What's one way you can stop and "practice heaven" this week?
6. How do you plan to keep your Sabbath practices alive going forward?