

Small Group Leaders' Guide | Sermon Questions, January 22nd, 2017

Obstacles to Movement: Schedule (Deuteronomy 5:1-22)

Sermon Recap: Travis spoke about the gift of the Sabbath. A gift that in our frantic modern day, have left unopened. God gave the Sabbath as a reminder we are free, a sign of his covenant, and an opportunity to rest – for all. Travis advised us to take it literally, regularly, and properly.

1. Recall the best gift you ever received. What was it? How many times did/could you use it?
2. The Sabbath was a big part of the laws and statutes God gave his people. Read Deut. 4:6-13. How does this introduction to the law express the intentions of God in giving the law? Were they inward/outward/both?
3. Read Exodus 31:12-17. What place does the Sabbath have among God's commands? Why?
4. Read Deut. 5:15. This verse initially reads like an oxymoron, "Remember you were a slave..." therefore do what I say. How is resting regularly, with others, a gift to our minds, bodies, and spirits?
5. Read 1 Corinthians 10:23-33. How do Paul's words speak to the same heart of God in his Law and the Sabbath? In other words, what is the purpose of Paul's encouragement and how is that purpose seen in the OT?
6. Who is your Pharaoh that drives your hard labor? (boss, spouse, parent, co-worker, yourself, etc?) What are you striving for?
7. Have you come across a Sabbath practice that is particularly beneficial (sharing meals, prayer walks, a book, or video, etc)? How do you intentionally rest?
8. Travis said our culture actually celebrates people who violate the Sabbath. That is where we live. Yet our God says you are slave unless you regularly and intentionally stop and rest (in ME). How does Sabbath develop our freedom in Christ?
9. **Make A Commitment:** What is something you need to stop doing (or start doing) to honor the Sabbath more?