



LIFE GROUP GUIDE

Message Title: "A Sabbath Rest"

Date: July 31, 2022

Speaker: Curtis House

QUESTIONS

Read Psalm 23.

- 1). Discuss Psalm 23 in reference to a Sabbath rest. What is the purpose of a Sabbath rest?
- 2). What thoughts come to mind when you think of the Sabbath, according to your upbringing or previous experience?

Read Mark 3:23-28.

"More than Israel kept the Sabbath, the Sabbath kept Israel."

- 3). What does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"? Have you ever consistently and intentionally observed the Sabbath? What effect did it have on your life and wellbeing?

Read Psalm 46:10 and Matthew 11:28.

"We can exhibit a Sabbath rest in our work when we first have a Sabbath heart."

- 4). What is an area you need to reprioritize in order to experience a Sabbath rest? What does it look for you to practice the Sabbath by yourself/in the context of community?

GOING DEEPER

How can my time be used in a valuable way that's honoring to God? Am I resisitng the Sabbath? What is in opposition to God in my life?

AT A GLANCE

Summary

David was surrounded by chaos and darkness as he penned Psalm 23. The only thing he needed was the Lord. Through the chaos, he found rest in the Lord.

Scripture

Psalm 23; Psalm 46:10; Matt. 11:28

Application

- 1). Sabbath Rest
- 2). It is Sequestered for God's Purpose
- 3). Jesus Rested
- 4). Thankfulness