



January 22, 2023
Formed - Sabbath

Summary – Americans have a love hate relationship with rest. The protestant work ethic is weaved into the DNA of our country and while it is a good servant it can become a terrible master. The gift of Sabbath is a means of grace to tame our work to serve us instead of destroy us.

Scripture – Genesis 2:1-3, 1:22,28; Deuteronomy 5:12-15; 2 Corinthians 5:17; Mark 2:27; Romans 14:5; Colossians 2:16-17

Community Group Questions:

(There is no obligation to discuss every question)

Introduction

1. How does observing the Sabbath help Christ be formed in us?
2. Why does “stress” get so many hits on Google?

Live in Sync (Genesis 2:1-3)

1. How does God multiply your time through observing the Sabbath?
2. “People who actually take a Sabbath are happier and live longer.” Discuss

Live as Free (Deuteronomy 5:12-15)

1. “We have a tendency to become slaves to ourselves.” Discuss
2. “There is happiness in the love of labor; there is misery in the love of gain.” - Abraham Hershcel
3. “A man who works with his hands will Sabbath with his mind. A man who works with his mind will Sabbath with his hands.” - Abraham Herschel

Conclusion

1. “The Sabbath is a day to be and not to do.” Discuss
2. After today’s teaching, has your view of the Sabbath changed?