



MESSAGE REVIEW

From the creation of the world, God provided us a rhythm of life to restore our souls and bring balance to our lives through the gift of Sabbath. If you're feeling tired, overwhelmed, or overworked, remember God has so much more for you. He created you in His image and invites you to enter into His rest.

WARM UP QUESTION

What is the most restorative thing you enjoy doing most?

1 Have two different people **read Luke 6:1-5 and 6:6-11**. What similarities and differences do you observe in each story (who, what, when, where)?

2 Why are the Pharisees so upset with Jesus (**see Exodus 20:8-11** for background)? How had they turned something designed to be a gift into a burden? Describe a time in your life when you got so legalistic about something that you either missed the big picture or killed the joy of it.

3 What point is Jesus trying to make as He responds to the Pharisees in vs. 3-4 and 9? Is He nullifying the Sabbath altogether? What has been your own experience with Sabbath? Have you allowed your freedom in Christ to swing you in the opposite direction and totally dismissed the idea of Sabbath?

4 The only commands of Jesus in the New Testament are to love God with everything we have and to love others. How might observing a Sabbath help you obey those commands?

5 How is Sabbath different than a day off? What is the true intent/meaning behind it? What steps do you want to take to begin introducing Sabbath into your life more?

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

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