

Week 3

MARCH 23 | REMEMBER

24/6 | Week 3: Remember

GATHER

As you begin, **pray** together.

Read God's Holy word.

Exodus 20:8-11 (NIV)

An Invitation to Remember

*"Sabbath is the most frequently reiterated commandment of all 613 commandments in the Bible."
-Ellen F. Davis. It is very clear that this is not merely a suggestion to make our life better, but rather a demand that we break free from constant busyness in order that we might experience freedom, rest, and a deeper connection with our Creator. Unfortunately, our tendency is to dive deeper into work and distraction instead. The majority of us feel overworked, overwhelmed, or overly tired. In this case, rules were NOT meant to be broken. If we keep the commandment of Sabbath, we will have more of what we really need in our lives—true rest.*

EQUIP

Take a group pause and then consider the questions together.

"Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God." -Exodus 20:9-10 (NIV)

- What or who is currently defining your work and your rest? Is it God, or someone or something else?
- What has made you hesitant or resistant to entering into a practice of Sabbath?
- Share one or two ways that you struggle to honor or remember the Sabbath.

“Remember the Sabbath day by keeping it holy.” -Exodus 20:8 (NIV)

- Why is it so easy for us to leave this particular commandment behind? Hear NT Wright on this [Should I Take Sunday Off?](#)
- Are there practical ways for remembering the Sabbath that have worked well for you?
- Do you agree or disagree that “remembering the Sabbath” is a commandment that we should still be following today? Why?
- How would you define Sabbath?
- What changed about the Jewish Sabbath when Jesus appeared?
- What did Jesus have to say about the Sabbath?

ENGAGE

Consider these next steps for the week ahead. Share with your group next week how these practices helped or hindered your understanding of Sabbath.

- “There is no formation without repetition.” -John Mark Comer. Consider practicing something from last week again this week.
- Consider beginning and ending your Sabbath in the same way each week or each time you practice. Start and end your Sabbath time with a prayer. Try not to plan out exactly how your time will go, but rather stay open to where God leads.
- Practice avocation during your Sabbath. “An avocation is something that is pleasurable for you, but that takes some skill and expertise. Usually it is something that others do for a living. This could be a sport, but it also could be anything from carpentry to music. This is somewhat analogous to planting a different crop in a field one year in order to replenish nutrients and make the land more fertile for its ordinary produce.” -Tim Keller

Pray Together

Ruler of All Creation, forgive us for the ways that we resist your commands to us. Help us remember the Sabbath this week and honor You in doing so. Holy Spirit, lead us as we intentionally engage with this spiritual practice this week. God of grace and mercy, thank you that you love us and welcome us no matter our failures or shortcomings. Open our minds and hearts that we might experience your true freedom, connection, and love this week.