

THE INTIMATE GOD

CHAPTER 7

Sabbath

GROUP LEADER

Take some time to talk about how this past week's exercises have been. How did it go in practicing the presence of Jesus? Were there any "non-spiritual" places or activities that become more "spiritual" for you?

DISCUSSION QUESTIONS

1. What has been your experience of Sabbath over the course of your Christian journey? Overly rigid? Non-existent? Hit or miss?
2. Have someone slowly read out loud Exodus 20:8-11. What stands out to you in this passage? Why do you think God included this in the ten commandments?
3. God says that the Sabbath is "blessed." What are His intended blessings for us in our choosing to practice Sabbath?
4. What does our difficulty in practicing Sabbath say about us? What are we missing when we fail to build Sabbath into the rhythm of our lives?

5. What are the biggest challenges for you in practicing Sabbath on a weekly basis?

6. What is your motivation level (on a scale of 1 to 10) in seeking to practice Sabbath? Explain.

7. What tangible steps will you take this week to move toward building a Sabbath practice into your life?