

Study Guide Questions



ENGAGE THE SCRIPTURES

Series: Connected

Speaker: [Jay Haugh](#)

Message: Sabbath: The Battle of Resistance

Date: 01/22/2023

Memory Verse: 1 Timothy 4:8

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- What do you find to be the biggest distraction from being able to rest? As you reflect on what prevents you from being able to rest, what do you believe to be the root behind the fruit? (For example if someone is displaying fruit of being a workaholic, the root issue may be that they enjoy the accolades which points to having an issue with pride.) How do you see this struggle impacting things at work, home or school?

Read Matthew 11:28-30

- Do you feel weary and burdened? What is a yoke? Why should we take the yoke of Jesus upon ourselves? What are we to learn from Christ when we put on His yoke?



HOSPITALITY



MOVEMENT



CONTRIBUTE



COMMITMENT



ENGAGE THE SCRIPTURES



SPIRITUAL FRIENDSHIP

- God gave Adam & Eve work to do in the Garden of Eden. We know that work is a good thing, but it can easily become THE thing. How does sabbath rest help to break our pursuit of addictions and accumulations?
- What do you struggle with most: accomplishing more and more things OR accumulating more and more things?

Read Mark 2:27

- Does anyone practice the concept of sabbath well? If so, share your experience with the others in your group. Why have you prioritized this spiritual discipline and what benefit have you seen come from it?

Read Exodus 20:8-11 & Deuteronomy 5:12-15

- Exodus & Deuteronomy share two tellings of the Ten Commandments. Who is the audience of the Exodus telling vs the Deuteronomy re-telling? What is the same between these two accounts? What is different? Why are the differences important?
- Egypt was a place of bondage and God is commanding His people not to be like Egyptians. Are you unintentionally acting like an Egyptian to others? How do you think your drive for accomplishments OR accumulations is impacting those around you? When you send/reply to emails after business hours, are you unintentionally setting a precedent that others believe they need to follow? When you never find time to rest in the home, are you exasperating your children?
- We often frame our busyness in terms of “have to’s” in order to provide an excuse for our behavior. As an example, in order for me to advance at work I “have to” put in extra hours. Share about the tension you feel between accomplishing things and actively resisting the temptation to work by practicing the spiritual discipline of rest.
- Are you wanting to change? Are you willing to wage war against the restlessness of our age by taking on the easy yoke of Jesus who gives rest to our souls? What step can you take this coming week to help bring about a change?



HOSPITALITY



MOVEMENT



CONTRIBUTE



COMMITMENT



ENGAGE THE SCRIPTURES



SPIRITUAL FRIENDSHIP