

# Study Guide Questions

**Series:** Connected

**Speaker:** Jay Haugh

**Message:** Sabbath: Stop & Rest

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## 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. NIV

### Read Genesis 2:1-3

- Busyness is often incorrectly seen as a badge of honor in our culture. Do you choose not to use all of your Paid Time Off at work so that you can work more? Do you think less of fellow employees who are not present as much as you are? Do you consistently choose to work after hours instead of investing in relationships? Have you ever said or thought, “I’ll rest when I’m dead?”
- What is sabbath? What is sabbath not? Why should Christians practice sabbath?
- Do you practice the spiritual rhythm of sabbath rest? If so, share how you practice sabbath. How has practicing sabbath brought about spiritual transformation? If you have not practiced sabbath rest, what has prevented you from doing so? What have you experienced when not regularly sabbathing?
- In what way does your life conform (or not) to this basic biblical pattern of work and rest? What does our approach to rest reveal what we really love and worship? What does it reveal about you?
- How has culture formed you to believe that constant busyness is good? What keeps you too busy to rest? Knowing that God set an example for us to rest, what can you do to prioritize rest in your schedule?



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- God instituted sabbath for our benefit. It is not meant to be a burden. Do you currently view sabbath as a blessing or burden?
- Does sabbath have to be on a Sunday?
- In light of this passage, is there any behavior or attitude that you need to address in your life? What are some ways you can take time this week to really delight in God as you enjoy the goodness of His creation?
- What does it look like for you to practice the Sabbath in the context of community?



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