

Sermon Title: "Shalom for the Soul"

Sermon Scripture: Mark 6:30-31



## **Sermon Discussion Guide (11/17)**

Begin the discussion by checking in with each person present and share prayer requests/praises with the group. Then, have one person offer a prayer for the group making sure to include any prayer requests that were mentioned earlier.

### **Scripture**

Read Mark 6:30-31 out loud. Discuss any initial thoughts you have about these verses.

### **Observation**

Why do you think Jesus told His disciples that they needed to come with Him to a quiet place and get some rest?

Considering the context of this Scripture, which is Mark 6:7-13, how would you describe the relationship a disciple of Jesus should have between work and rest?

Read Exodus 20:8-11. What is the significance of the word "holy" in this passage? How does the word "holy" affect how we are called to understand the sabbath?

In this Scripture, why do you think there is a connection made between God resting on the seventh day and the Israelites being called to rest on the seventh day?

## **Application**

In what ways did this sermon challenge your prior understanding of Sabbath? How might understanding the ultimate purpose of Sabbath as the worship of God shape the way that you understand and prioritize Sabbath?

Consider this: Sabbath reminds us that we are not God, and the world does not rest on our shoulders. Do you find it difficult to take a day of rest each week? Why or why not? How might practicing a day of Sabbath provide you with a healthy understanding of your role in the world?

The four aspects of Sabbath are: stop, rest, delight, and worship. Practically speaking, what would it look like for you to incorporate these four aspects of Sabbath into your life? To answer this question, you may want to consider discussing what you would do and what you would refrain from doing in each of these four aspects of Sabbath.

In Pastor Kenny's sermon, he explained to us the importance of the practice of Sabbath. Is the practice of Sabbath currently incorporated into your daily life? If it is, are there any steps you sense God calling you to take to be more intentional in how you rest in God's presence? If you are not currently practicing Sabbath, what is one step you will take this week to begin incorporating this practice into your life?

## **Prayer**

Praise God for His gift of Sabbath, that we are created to find peace and rest in Him. Ask God for forgiveness for the times when we fail to turn to Him to find peace and instead continue on in the busyness of the world. Thank God that no matter how far we have strayed from Him, He continues to call us back to Himself and to offer us His love and grace. Ask God to show us how we can rely more fully on Him and live into the rest that He offers to us.