

GROUP DISCUSSION GUIDE

January 11, 2026

RUSHED
The Rhythm of Sabbath
Exodus 31: 11-18

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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?



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Pastor Matt reminded us that the Sabbath is not a law to keep, but a rhythm that keeps our soul alive, our minds clear, and our bodies refreshed.

MY STORY

What is the most refreshing, life-giving activity you love to do?

WHAT DOES GOD WANT US TO HEAR?

The Lord said to Moses, "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you. You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. It is a sign forever between me and the people of Israel that in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.'" And he gave to Moses, when he had finished speaking with him on Mount Sinai, the two tablets of the testimony, tablets of stone, written with the finger of God. (Exodus 31:12-18)

How did God define the Sabbath? How many hours was the practice to be? How long was this covenant to be kept?

Why were the consequences of skipping the Sabbath, and not taking it seriously, so severe?

On what divine, creative model is the Sabbath based?

What does God want us to hear? Based on the passages above, what are the factual “takeaways” that are meaningful to you?

WHAT DOES GOD WANT US TO DO?

Pastor Matt said, “*Sabbath keeping is a spiritual formation discipline.*” How would keeping the Sabbath enhance your spiritual growth? What could you be missing by skipping this mind-, soul-, and body-refreshing, weekly practice?

React to these three principles ... (True or false? Explain)

1. Taking 24 hours off every week will actually increase your efficiency and productivity.
2. Taking the Sabbath allows your body, mind, and soul to recharge.
3. Taking a 24-hour Sabbath allows you to focus solely on being over doing.

What chaos might ensue with your job, or in your home, if you were to completely become completely out-of-pocket and totally inaccessible for a 24-hour period?

What types of planning or delegation could you put in place to prevent those things from happening – before you took the time off?

What does God want us to do? Flowing out of our reading and new understanding, how is the Holy Spirit nudging us?

WHAT DOES GOD WANT ME TO DO?

If you could go anywhere in the world, by yourself, for 24 hours, what could you do that might completely recharge your batteries?

How close could you come to reproducing that experience without going anywhere? What obstacles might you face?

Do your best to take an extended time of rest from your usual responsibilities this week; if you can’t do the whole 24 hours right away, do a portion of this time. Notice how the detachment from your responsibility refreshes your mind, body, and soul—and how it allows you to better enjoy the presence and compassion of God.

What does God want ME to do? Based on your answers to these questions, toward what creative actions is the Holy Spirit leading you?