



## You Need a Sabbath | Week 3

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Sometime in the next three weeks during group time, have everyone go to [MidtownMembers.com](http://MidtownMembers.com), watch the video on page 2, and fill out their Member Checkups.

### 1. Catch Up On Life:

*This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)*

- Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?
- What (if any) big life updates do you need to catch us up on (positive or negative)?

**Pray:** Take every opportunity to pray and thank God for the good He's doing in our lives. Ask for help and healing anywhere there is pain.

### 2. Review the Mission:

*Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)*

#### People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

#### Plan:

- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

**Pray:** Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs and opportunities to have spiritual conversations that help them take next steps toward Jesus.

### 3. Sermon Discussion:

*God uses His Word to reveal Himself to us, to equip us to live the good life He's designed for us, to show us our sin, and to strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)*

**Primary Passage:** Genesis 2:1-3, Exodus 20:8-11

**Related Passages:** Ecclesiastes 1:8 , Matthew 11:28-29, Deuteronomy 5:12-15

**Read and Recap:** Have someone read Genesis 2:1-3 and Exodus 20:8-11 and recap the highlights from this week's sermon. What stood out to you and why?

In the sermon, we discussed the differences between real and counterfeit work and rest (see descriptions below).

WORK		REST	
COUNTERFEIT	REAL	COUNTERFEIT	REAL
<ul style="list-style-type: none"> <li>•Striving</li> <li>•Proving yourself</li> <li>•Consumed with "more"</li> <li>•"Need" for productivity</li> </ul>	<ul style="list-style-type: none"> <li>•Putting your heart into it</li> <li>•Rejection of slothfulness</li> <li>•Being tired</li> </ul>	<ul style="list-style-type: none"> <li>•Laziness</li> <li>•Escape</li> </ul>	<ul style="list-style-type: none"> <li>•Gratitude</li> <li>•Enjoyment</li> <li>•Set-apart</li> <li>•Godward</li> <li>•Not producing</li> </ul>

- Where do you see counterfeit versions of work and rest in your life?
- Would you say you view being tired as a problem? How do we differentiate between being the right kind of tired and the wrong kind of tired?

- Have you ever tried to Sabbath before? How did that go?
- What are practical ways to make Sabbath a weekly rhythm for you? What would you do and what would you not do to make that day stand out as different from the other 6 days?
- What do you expect will be the challenges you'll face as you try to Sabbath?
- In light of all this, what are specific steps of repentance for you?

Since this takes practice and may be difficult as you start, try it for a few weeks before evaluating. Set a reminder to check back in on this as a LifeGroup to see how we're doing.

**Pray** thanking God that He has set us apart through the person and work of Jesus. **Pray** that we grow as a LifeGroup in the discipline of rest, following through on our plans and holding each other accountable.

### 4. Engage the Heart:

*Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)*

- What are you struggling to trust God with this week? How can you give God control of it?
- Has the Holy Spirit been prompting you to do anything that you've been resisting? What steps do you need to take to obey?

**Pray:** James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins in prayer and pray for each other.