**Open**

* What *does* “sabbath” mean to you?

**Discuss**\*

* Why do you think that the Fourth Commandment has been neglected by Christians today?
* What difficulties or compulsions make it hard for you to stop?
* How does taking a sabbath enhance your enjoyment and worship of God, of others?
* What would make a sabbath day nourishing and replenishing to you?
* What happens to you when you go without regular rhythms that allow you to rest in God?

**Reflect**

* What *should* sabbath mean to you?
* What would it take for you to intentionally make sabbath a habit?
* Which of the four principles of sabbath—Stop, Rest, Delight, Contemplate—do you find the hardest to practice?
* ***Based just on this discussion***, what should we pray about?

**References:** Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-15; Psalm 46:10; Isaiah 40:28-31; Mark 2:27, Romans 14:5-6

**Digging Deeper**

Comer, John Mark. *The Ruthless Elimination of Hurry*. Colorado Springs: Waterbrook, 2019.

Scazzero, Peter. *Emotionally Healthy Spirituality*. Nashville: Thomas Nelson, 2006. (chapter 8)

Swoboda, A.J. *Subversive Sabbath: The Surprising Power of Rest in a Nonstop World*. Grand Rapids: Brazos Press, 2018.

*Sabbath is not dependent upon our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages or get out this report that is due tomorrow.*

*We stop because it is time to stop.*

*~* Wayne Muller