

Sermon notes for Growth Groups



Title: God is Hospitable in Sabbath

05 March 2023

Intro questions:

- * What are your previous experiences with keeping the sabbath?
- * What are common objections to keeping the sabbath - either your own objections or those of others?

Key passages:

Exodus 20:8-11
Deuteronomy
5:12-15
Mark 2:23-3:6
Exodus 16:1-36

Main points to consider:

- * Sabbath is a gift of God's hospitality
- * Sabbath is a day to pray - to be in-tune with the Creator, to follow his rhythms and to be dependent upon him.
- * Sabbath is a day to play - to celebrate the freedom of being a person and not an object, and to honour that personhood in our neighbours.

Discussion questions:

- * What do the reasons for the sabbath in Exodus 20 and Deuteronomy 5 teach you about God's intent for this day?
- * What stands out to you about God's hospitality to us in the sabbath? What's the gift of sabbath? What strikes you as the most beautiful part of this invitation?
- * Consider your upcoming week. In what sections of the day could you practice keeping the sabbath?
- * How could you use that time to pray?
- * How could you use that time to play?