



Relationship Resolutions: Healthy Rhythm

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Life Group Discussion Questions:

1. Thinking back on this week's sermon, is there a particular point you recall that caught your attention or you found challenging or confusing?
2. Read **Exodus 20:1-17**. Derek said the 4th commandment (to rest on the Sabbath) is a bridge between a healthy relationship with God and healthy relationships with people. How does your need for a Sabbath affect your relationships?
3. One reason God tells us to stop our work on one day is to remind us our worth goes deeper than what we produce. Read **Psalm 139:13-18**. How is your worth measured?
4. Three indicators that you are getting close to burnout are irritability, loss of impulse control, and escaping. How have you seen these in your own life?
5. Our big idea is: **Sabbath is God's gift of restful rhythm**. Read **Mark 6:30-32**. Now scan all of Chapter 6. What was going on during this time? Why was rest so necessary? How did Jesus make sure they got rest? (verse 32)
6. Derek reminded us of three important truths: Sabbath is by, for and about God; Sabbath is both a gift and a test for us; Sabbath reminds us where our values come from. Read **Hebrews 4:9-11**. Does it make sense to make **effort** to **rest**? How can we plan for a Sabbath?

Next Steps: Derek highlighted four ways to celebrate Sabbath: Right now choose one of these and decide how you will implement it, even in a small step. Share with your group for accountability.

1. Unplug
2. Gather
3. Recharge
4. Recreate

Prayer Thought: Read Psalm 46:7-11

Father, we thank You that You are with us and that You work for us and in us to do Your will. We long to rest in You but we're often so focused on rushing ahead that we find it hard to slow down. Father, take us in Your arms and hold us back and hold us close until we find that rest. In the name of Jesus, who gives us rest for our souls, Amen.