

FAC Life Group Questions Sunday Sermon – October 8, 2023

Welcome back! A few reminders on the Life Group questions as groups reconvene or start for the first time:

- ❖ *These are just meant to be conversation starters and options. Do not feel the need to go through it like a list. Pick the best ones for your group.*
- ❖ *Feel free to make your own questions, have members bring questions, or simply have discussion around the theme of what impacted each member the most, what questions they have, and how you can pray for each other.*

Icebreaker opening question:

- Have you ever consistently and intentionally observed the Sabbath? What effect did it have on your life and wellbeing?
- What are your main reasons for not practicing the Sabbath?

When God: When God invites you to rest– Genesis 2: 1-3

1. Read Genesis 2:1-3. What is the Sabbath? Why is it worth noting that the Sabbath was instituted before sin entered the story?
2. Read Mark 3:23-28. What does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"?
3. In what ways are you tempted to make the Sabbath all about rules instead of understanding God's heart and purpose for giving us the Sabbath?
4. Are there any areas where you need to grow in time management? Are there any areas where you need to re-prioritize the things on your plate?
5. What are things in life that stir your affections for Jesus and should be a regular staple in your Sabbath rhythm?
6. What does it look like for you to practice the Sabbath in the context of community? What does it look like for you to practice the Sabbath in a way that is appropriate for your life stage?
7. How will you plan and schedule the Sabbath into your weekly rhythm? What are you planning to do?

Spend some time in prayer. Be sure to have a plan in place for communication if someone has a pressing need for prayer arise before the next time you meet.