



Thanks for checking out our sermon-based Study Guides! If you've never used our Study Guides before, you'll find some basic instructions at the end of page 2.

SERMON-BASED STUDY GUIDE
for the sermon preached on September 19, 2021
“Got Rhythm?” - Exodus 20:8-11



This series is about finding rhythm to life and not just about finding a balance. It's an important distinction as we need to live well in the tensions, not merely in the middle of them. So this week we want to look at the rhythm of rest and work and the importance of keeping the Sabbath. Usually when summer ends and fall begins, we say things like, "It's time to get back to work!" But today we are saying in a year that's going to be full and challenging, let us find rest on the Sabbath. For most of us, Sabbath-keeping is difficult, feeling nearly impossible in our full and hurried lives. But today we want to consider how the Lord might help us as we live out this important rhythm.

Group Discussion Questions

Q - At this point it may feel cliché and obvious to say that the "pandemic has dramatically disrupted our lives." But it would help us all in our spiritual formation to reflect on the ways that we have been thrown off rhythm. In what ways have you been thrown off rhythm. Conversely, are you cultivating any new healthy rhythms since the pandemic (Bryan shared examples of taking more neighborhood walks, more family dinners, etc.).

Q – Let’s read Exodus 20:8-11 together a few times. What thoughts come to your mind as you read this Commandment?

Q – Sabbath is about “ceasing” and stopping from work to rest. Most of us are raised with the understanding that you are rewarded with rest after you have finished working. So between the Lord’s Command to “honor the Sabbath” and our cultural upbringings of resting after working, this brings up a myriad of questions of why this is so difficult.

- What has been your experience in observing the sabbath?
- What have been the challenges of faithful Sabbath-keeping that you have run into? (the word “run” is intentional ;)

Q – One of the mistakes the Pharisees made in Sabbath-keeping was that they made it legalistic. In one story, Jesus rebukes them for their self-righteousness. How can we avoid a similar legalism in observing the Sabbath and actually allow it to create what God intended it to be as a healthy rhythm of rest and work?

Q – Bryan preached that God intended the Sabbath to be life-giving. Further, Sabbath-keeping is an act of faith as it demonstrates our trust in God that He will provide all that we need, whether it be work or rest. And so like any faith-formation practice, one must grow into it. Perhaps you cannot rest for an entire day but how can you begin by taking hours of Sabbath? Could that begin on Friday night, or parts of Saturday or Sunday? How can you discover the rhythm of rest and work this year?

How to Use These Study Guides:

- Consider sending out the Scripture passage to your group members ahead of time.
- Begin each meeting with a short time of checking in with one another.
- You may want to begin the discussion by reading the Scripture passage together out loud, or by summarizing the passage if everyone has read it ahead of time.
- Don’t feel like you need to discuss every question included in the Study Guide. Pick one or two to start with, and see how the conversation flows.
- If your group meets over Zoom:
 - You may need to do more overt facilitating over Zoom than you would in person. Feel free to call on people to invite them to share.
 - Try to be sensitive to attention spans over Zoom—keep the meetings shorter than they would be in person.
- Be sure to set aside time for sharing prayer requests and praying together.

Group Leader Support: Please reach out to your Campus Pastor or your Coach if you have any questions about leading your group or concerns about your group dynamic. If you have questions about or feedback on the Study Guides, please reach out to Pastor Tim or Pastor Rachel from the Group Life team.