



Oct 16

Sermon Notes | Gen. 2:1-3; Deut. 5:12-15; Mark 2:23-28

Message discussion: What stood out to you in this week's message? Questions? A way God moved you to respond?

Passage reflection: Read Gen. 2:1-3; Deut. 5:12-15; Mark 2:23-28. What stands out to you in these verses? Is there something you hear God saying to you? How can you respond to what He is saying?

1. Describe some religious practices that have become linked to the idea of the Sabbath. Read Exodus 20:9-10. What does the command say about performing religious practices on the Sabbath?

2. Read Deuteronomy 5:12-15. Why do you think God links the Sabbath command with remembering their slavery and deliverance?

3. Read Mark 2:23-28. Describe some ways that a weekly rhythm of Sabbath is God's gift to you. Have you tended to view Sabbath as a gift from God or as a religious obligation?

4. Describe your current daily, weekly, monthly, and yearly rhythms of rest. Are there some areas where you could more fully experience the gift of God's rest?