

GROWTH GROUP DISCUSSION

CONNECT

Share with one another what you prefer to do in your free time, and why that fills you up.

LEARN & APPLY

After pausing to learn about the Holy Spirit, we are returning this week to the storyline of Jesus' life and teaching according to Luke. **Read Luke 6:1-11. Read also Deuteronomy 5:12-15** to see how Sabbath was described in the Old Testament law.

- Jesus didn't reject Sabbath. He taught that it should bless people rather than crush them with legalism. How do you think the Sabbath is supposed to bless people?
- In Deuteronomy 5, Sabbath is seen as such a great gift that it had to be shared with everyone. What strikes you most from this passage?
- Do you think we still think of Sabbath as a gift? Why or why not?

Consider how Sabbath connects with our lives today.

- Have you ever experienced or practiced something like a Sabbath day? What was it like? Can you learn anything from that experience?
- Are you running too fast in life without a break? Why do you think you let life get that way? Would your life (or your family's life) be better if you changed something?
- What do you think the Spirit may be saying to you or leading you toward? How are you going to respond to that?

PRAY

As a group, begin prayer with time (up to a minute) for silence to listen and reflect. Then each person could pray out loud one simple sentence of thanks or request for the person on his/her right, (go around the circle this way). End by asking for the Spirit's work in helping us respond this week by practicing Sabbath.