

# RELATION/SHIFT

BECAUSE LOVE REQUIRES CHANGE

## WEEK 1 | GROUP DISCUSSION QUESTIONS

### CONNECT

- How do you typically spend your days off? How do you fill up your days when you don't have to work?

### CONSIDER

- What encouraged or challenged you from the sermon and/or daily devotions this week?

### CHRIST

- We're used to associating sabbath with the idea of rest. **What comes to mind when you think of the sabbath?**

Read **Genesis 2:1-3 & Mark 2:23-28**, as a group.

- **What do you learn about the sabbath in these verses?**
- In the book *The Ruthless Elimination of Hurry*, John Mark Comer gives 4 potential definitions of sabbath and what it means to rest and be present with God. **Which of these definitions resonates with you the most? Why?**
  - **To Stop** - the most literal translation meaning to stop work, being busy
  - **To Rest** - (physical, mental, and emotional rejuvenation). Actively trusting God with your worries, setting aside any problems that need solving.
  - **To Delight** - Give thanks and enjoy life
  - **To Worship** - Celebrate and be present with God
- In the book *Sit, Walk, Stand* by Watchman Nee, he writes, "*Adam, we are told, was created on the sixth day. Clearly, then, he had no part in those first six days of work, for he came into being at their end. God's seventh day was, in fact, Adam's first. Whereas God worked six days and then enjoyed His sabbath rest, Adam began his life with the sabbath; for God works before He rests, while man must first enter into God's rest, and they alone he can work.*" **With Mark 2:27 and this quote in mind, what do you learn about sabbath and rest? What does your work and rest rhythms look like?**

- Pace impacts your ability to be present. Concerning healthy christian disciples, Peter Scazzero writes in Emotionally Healthy Discipleship, “They are careful not to engage in more activities that their spiritual, physical, and emotional reserves can sustain. They receive from God more than they do for him.” **How does your pace of life impact your ability to be present with God or others? How does being present with God (or a lack thereof) affect the areas of your life (family, work, recreation, relationships, etc...)?**
- Earlier, Sabbath was defined as stopping, resting, delighting, and worshiping. Let’s look at putting each into practice...
  - **First, what makes it difficult for you to stop, even for a short time to be present with God?**
  - **Second, what do you think it looks like for you to actively rest in the presence of God?**
  - **Third, how are you taking moments to slow down, give thanks, and enjoy life?**
  - **Fourth, besides attending church, what does worship look like in your life?**
- If we are not careful, we can live busy productive lives, but lack the ability to be present. Jesus was busy, but always present. He carved out regular time to be with God. He was open to interruptions by people. He met people right where they were, and called them to next steps of faith. **What area of your life do you need to be more present: God, marriage, kids, family, friends, those in need, etc...)? How can our group help?**

## CALLING

- Sabbath is important because it removes distractions, allows us to be sensitive to God's leading, and be more present to people around us. What could it look like for you to intentionally carve out a regular moment of sabbath once a week?
- **Daily Devotions:** Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside’s mobile app for Daily Devotions.
- **Memorize:** “*The Sabbath was made for man, not man for the Sabbath*” - **Mark 2:27b (NIV)**
- **Further Study:** Add one of more of these books to your summer reading list...
  - *People Fuel* by John Townsend
  - *The Ruthless Elimination Of Hurry* by John Mark Comer
  - *Sit, Walk, Stand* by Watchman Nee
  - *Emotionally Healthy Discipleship* by Peter Scazzero