



Way Better

These days, we can often find ourselves feeling kinda “meh.” Even when we do all the right things, life seems to stay the same. How can we find the life we're longing for? Together, let's discover a way that's “Way Better.” – This week: Sabbath.

Conversation Starter

- If you could spend a day doing anything you wanted, what would you do? How would that day look and feel?

Discussion Questions

1. Which part of this message was most impactful for you and why?
2. Read Genesis 2:1-3. What stands out to you here? – Read Matthew 11:28-30. How does this invitation and promise make you feel? Does it feel doable? – Now read both passages back to back; how do these two passages interact with each other? Do they change the way you hear one of them?
3. When you think about a day devoted to doing nothing, focusing on rest and simplicity, how does that make you feel? How often do you allow yourself or even schedule yourself to have a day like this?
4. Rest is essential to who we are as humans; we need it as much as we need purpose and work. Have you ever worked so much that you burned out? What was your experience?
5. Read this quote from scholar and theologian, Walter Bruggemann then discuss its implications for your life:

“The Sabbath...announces that the world is safely in God's hands. The world will not disintegrate if we stop our efforts. The world relies on God's promises and not on our efforts. The observance of sabbath rest is a break with every effort to achieve, to secure ourselves, and to make the world into our image according to our purposes.”

Moving Forward

Of all the practices of Jesus, Sabbath is by far one of the most counter-cultural. At first, it might feel like you're swimming upstream. That's normal, just keep at it until you feel a shift in the current, and it's moving you toward rest and no longer away from it.

If you can't set aside a whole day for rest (due to work or family obligations), schedule four to six hours for yourself somewhere. Focus not on getting something else done or cleaned or organized but on resting. What would that look like for you? Now take out your phone and put that time in your calendar. Protect it, and be prepared to check in next week to talk about your Sabbath experience.