

Rachael's Questions 7/25/2010

1. In our world today, we tend to downplay the importance of the Sabbath in our lives. If that has been true of you and your family, what keeps you from giving it the important place in your life that it deserves?
2. What part of your life suffers most, when you are not observing the Sabbath in the way God intended?
3. Read [Exodus 20:9 - 10a](#) and [Isaiah 56:2](#), both of which talk about God's view of the Sabbath. Why do you think God puts such emphasis on this commandment to rest?
4. In our "24/7" culture today, we reject the very notion of rest and reflection. Busyness is a common problem, and it cheats us out of Sabbath rest, and the benefits that come with that. If busyness is a problem in your life, name two ways you could cut it back, to make more time for Sabbath rest and reflection in your life.
5. Read the story in [Matthew 12:9-14](#). What is Jesus saying to the Pharisees in this passage?
6. At its core, keeping the Sabbath is an act of faith. Read through Exodus 16. How can you relate this story to your own life?
7. Do you think if you were Truett Cathy, Founder of Chick-Fil-A, you would have the same faith in God to close down your stores every Sunday? Why or why not?
8. With your Journey Group, come up with a service project you can do this summer in our community. Be sure to let the staff know what it is!