

DISCUSSION QUESTIONS

The Gift of Sabbath

1. Aaron describes Sabbath as a theme of “stopping” woven into the biblical story. What does “stopping” look like practically for you right now?
2. What kind of “chaos” do you feel in your daily life, and how might Sabbath serve as a response to that chaos?
3. Genesis 2 portrays God resting after creation. Why do you think God rested, and what does it mean for us to imitate that?
4. Exodus 20 commands us to “remember” the Sabbath. What are some things you need to be reminded of regularly about who God is?
5. Rachel says the Sabbath is a gift reoriented around salvation. How does viewing Sabbath through the lens of the gospel change your approach to it?
6. In what ways have you seen religion or spiritual practices used as burdens rather than gifts? How did that impact your faith?
7. Rachel connects the Sabbath to Moses’ call to “choose life.” What does it mean to choose life today in your spiritual journey?
8. How does your current practice (or lack) of Sabbath reflect your trust in Jesus’ invitation to rest?