

DISCUSSION QUESTIONS

A Holy Rebellion

1. Rachel describes how our culture celebrates busyness and achievement. How have you experienced this in your own life or community?
2. In Exodus 19:4–6, God calls Israel His “treasured possession.” What does this tell us about how God views His people? How does Sabbath help us remember this truth?
3. Have you ever experienced a season where your value felt tied to what you could produce or achieve? What impact did that have on your rest, relationships, or spiritual life?
4. Rachel says, “When we practice the Sabbath, we don’t just take a break—we take a stand.” What is one way you can intentionally resist the idol of productivity this week?
5. Tiffany says, “We prize independence. We celebrate autonomy.” In what ways has this shaped how you live, even in your faith?
6. Are there people in your life who may not feel free to rest? What could it look like for you to extend Sabbath rest to others this week—your family, coworkers, or community?
7. In what ways are you “weary” or “heavy laden”? What would it look like for you to accept Jesus’ invitation to rest?