

## DISCUSSION QUESTIONS

### Living the Sabbath Way

1. Aaron said Sabbath is a gift, but one that's difficult to receive in our culture. What about the idea of "stopping" feels hard or even impossible for you?
2. What do you usually fill your non-working time with? Does it restore your soul or drain it?
3. Why do you think the Sabbath command is placed between commandments about loving God and commandments about loving others?
4. What is one thing you need to stop doing on your Sabbath to create space for rest, connection, and God?
5. Tanner shared that delight is "grace you can taste." How often do you associate pleasure, joy, or beauty with your relationship with God?
6. In Genesis 2, Adam and Eve's first full day was a Sabbath. How does this shape our understanding of rest as a starting point rather than a reward?
7. Tanner said Sabbath is a "temple in time." How might your experience of God's presence change if you truly set aside one day a week for worship?
8. What are your current habits of worship outside of Sunday church? How might Sabbath deepen those rhythms?