



Group Discussion Document

Ice Breaker:

- Share a time when you felt truly at peace. What were the circumstances, and what contributed to that sense of peace?

Short Summary of the Sermon: The sermon emphasized the importance of the Sabbath as a commandment from God designed to meet our deep need for peace. In a world filled with stress and anxiety, the Sabbath offers a time to renew, reconnect, and refocus. The speaker highlighted the societal neglect of the Sabbath and its correlation with rising stress levels. By keeping the Sabbath holy, we align ourselves with God's design for rest and renewal, which can transform our lives and communities.

Group Questions:

1. What does the Sabbath mean to you personally, and how do you currently observe it?
2. How do you think neglecting the Sabbath contributes to stress and anxiety in our lives?
3. The sermon mentioned that Sabbath is a time to renew, reconnect, and refocus. Which of these do you feel you need most in your life right now, and why?
4. How can we as a group support each other in keeping the Sabbath holy?
5. What are some practical ways you can prepare for the Sabbath, as suggested in the sermon?

Life Application:

- Reflect on your current weekly routine. Identify areas where you can intentionally set aside time for rest and worship. Consider how you can incorporate the principles of renewal, reconnection, and refocusing into your Sabbath observance.

Challenge:

- This week, commit to observing the Sabbath by dedicating Sunday (or your chosen day of rest) to worship and rest. Prepare in advance by following the sermon's suggestions,

such as praying for the service, confessing sins, and arriving early. Share your experience with the group next week, focusing on any changes you noticed in your stress levels or spiritual life.