

COMMUNITY GROUP GUIDE

RECALIBRATE Message Series

Recalibrate Sabbath

For the week of February 2

1. This week we are talking about Sabbath. Is Sabbath something that is regularly part of your week or something you're just learning about? If it is part of your life, what does it look like?
2. Why do you think God would command rest?
3. Read Mark 2:23-27. Does it change your thinking about Sabbath at all knowing that God made it for us?
4. Jesus's ways of practicing Sabbath was very disruptive to the Jewish people. Do you think Sabbath could be disruptive to your family, community, way of life, etc.?
5. Read Acts 2:42-47. This passage has been used throughout this whole sermon series. How do you see Sabbath contributing to building a healthy church culture?
6. What makes you nervous about Sabbath?
7. What makes you excited about Sabbath?
8. When are you going to schedule time to plan your Sabbath this week?



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