1. Spiritual Disciplines

Lesson 3: Wednesday November 17th, 2021

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**LEADER DISCUSSION GUIDE**

**Spiritual Discipline: Sabbath**

1. What is the significance of Sabbath being a part of the Universal Moral Law?
2. What is the significance of Sabbath being a creation ordinance?
3. Read Genesis 2:3. If God does not need rest, why does this passage bring attention to God resting from creating?
4. Read Mark 2:27. What doe Jesus mean when He says that the Sabbath was made for man and not man for the Sabbath?
5. Is there a particular day during your week in which you must honor the Sabbath?

1. How faithful have you been in honoring the Sabbath day of rest? What clarities did you learn from our lesson that you need to address on your Sabbath?
2. Is it ever permissible to perform your weekly work on your Sabbath day of rest?
3. There were two specific things mentioned that are permissible on your Sabbath day, what were they and how do you apply them in practical ways?
4. Share the various ways that you honor the Sabbath, for example (extended scripture reading or family worship).
5. What changes will you make moving forward (if any) to rightly honor God’s good command for Sabbath rest?
6. Considering the eternal realities of Sabbath res. In what ways do these realities help you enjoy your weekly Sabbath now?