



Sunday April 28
Sabbath Subtraction – John 15:1-8

PLEASE READ BEFORE LEADING DISCUSSION

- Prayer – Pray over your group, Open with prayer, Close with prayer, Pray throughout the week.
- There are more questions than you will have time to answer, but select 5 or 6 questions you think will work best for your group discussion. You likely won't have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.
- Feel free to edit or reword questions to best fit your group.
- You may want to share the link to these questions with everyone so they can follow along with the questions as you read them.

GATHERING (*pick 1*)

- Map out how you spent your past week. Did it feel restful, full, empty or busy?
- Have you ever had too much to do that you were forced to give something up?
- What Sabbath practices have you done in the past?

OPENING (*pick 1 or 2*)

- As you reflect on Sunday's message, what one principle or insight stands out as being particularly helpful, insightful, or difficult to grasp?
- If that sermon had to be re-delivered, what two points or ideas do you wish were discussed no matter what?
- What's one thing from Sunday's reflections that you hope we talk about as a group?
- Was there any one thing that you most agreed with or disagreed with Sunday's message? What was it and why?
- What might you give up in the coming weeks to abide/rest in Christ more fully?

DIGGING DEEPER (*pick 1 passage and read together*)

- Choose a Reading: Genesis 1-2:3, Exodus 20:8-11, Luke 13:10-17, Hebrews 4
 - Reflecting on these verses, what strikes you most? Why?
 - What is most challenging in these verses? Encouraging? New?
 - If these verses were applied to our lives today, how would we move?
 - How could the church better support your efforts at Sabbath?

APPLYING (*pick 1, do another as time allows*)

- If you were to incorporate this message into your own life, how would the next week be different?
- Describe your life 1 year from now if you focused on cultivating a Sabbath lifestyle.
- Take out your schedule and mark out some space to rest within. When someone asks you to do something then, tell those who you will rest with that you declined to be with them.
- How can we pray for you regarding today's conversation?