

# ROOTED

## IN THE SPIRIT

### Message 6: Living from Rest

May 18, 2025

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## GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit [brookwoodchurch.org/groups](http://brookwoodchurch.org/groups) to build some new relationships. *Let's grow stronger together!*

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### INCLUDED IN THIS GUIDE

1. Connect
2. Pray
3. Explore and Discuss
4. Practical Ways to Observe the Sabbath

## CONNECT

- What stood out to you from the devotional or your Bible reading this week?
- Which of these ring true for you (select any that apply)? Then share and discuss.
  - ☐ The concept of sabbath is new to me.
  - ☐ I think I understand the meaning of sabbath, but it doesn't seem that important.
  - ☐ Sabbath seems important, but I have no idea how to practice it.
  - ☐ Sabbath is a regular part of my weekly rhythms.
  - ☐ The church I went to growing up gave me a harsh/legalistic view of sabbath.

## PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- Dear Lord, I release everyone and everything to you. What are you carrying that you need to give to God? God I release *this* to you... and I release *this* to you... (name specific things and people who come to mind).
- I pray you'd help me hear your voice above the noise. Pause for a moment of silence to help you be present. Take a couple deep breaths.
- I bring to you all that I have and all that I am and pray you'd fill me with more of you.

## EXPLORE AND DISCUSS

Don't rush through this. It's OK if you don't get to all the questions. The goal is to have meaningful conversations that help you grow in your understanding of the Bible and in your relationship with God and each other. Sometimes it will make sense to go on to the next question. Other times you might stop down and process a bit longer. Allow God to guide the pace of your discussion.

**Note:** Sabbath is capitalized when specifically referring to the Jewish holiday. The word is lowercase when talking more generally about practicing periods of rest.

### Genesis 2:2-3 (NIV)

*<sup>2</sup> By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.*

The word rested is the Hebrew word *SABBAT*,  
which means to stop, or to cease.

Bryan Jones

1. What do these verses teach you about the sabbath?
2. When do you stop to find rest from your work and responsibilities?

### **Exodus 16:23-30 (NIV)**

*<sup>23</sup> He said to them, "This is what the LORD commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'"*

*<sup>24</sup> So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. <sup>25</sup> "Eat it today," Moses said, "because today is a sabbath to the LORD. You will not find any of it on the ground today. <sup>26</sup> Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any."*

*<sup>27</sup> Nevertheless, some of the people went out on the seventh day to gather it, but they found none.*

*<sup>28</sup> Then the LORD said to Moses, "How long will you refuse to keep My commands and My instructions? <sup>29</sup> Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day He gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out." <sup>30</sup> So the people rested on the seventh day.*

3. Why did God command the Israelites to observe a sabbath?
  
  
  
  
  
  
  
  
  
  
4. What does it mean that it's a *sabbath to the Lord*?
  
  
  
  
  
  
  
  
  
  
5. What's the significance of gathering enough food on the sixth day to cover the seventh?
  
  
  
  
  
  
  
  
  
  
6. Why do you think the people refused to keep God's commands and instructions?
  
  
  
  
  
  
  
  
  
  
7. If sabbath is a regular (or semi-regular) practice for you, what impact does that have on your relationship with God? If sabbath isn't a regular practice, how would your life be different if you incorporated it into your weekly rhythm?

**Exodus 31:16-17 (NIV)**

<sup>16</sup> *The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. <sup>17</sup> It will be a sign between Me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.”*

8. How does the tradition of sabbath impact future generations? Discover further insight in Psalm 78:1-7.

9. How can the sabbath be joyful (celebration)?

10. Jews considered keeping the sabbath to be equal to the other nine commandments. How does this encourage or challenge your view of the sabbath?

11. The word *sabbath* means to stop or to cease. To stop working, wanting, worrying and going, going, going. What could you use a break from for an extended time each week?

12. Read the following *Practical Ways to Observe the Sabbath* and add to the list!

# PRACTICAL WAYS TO OBSERVE THE SABBATH

You don't have to figure this out on your own. Begin by asking the Spirit to put thoughts in your mind about the sabbath. Then spend a few minutes quietly listening for His voice.

- Prepare for the sabbath the day before by running all your errands, cleaning the house, etc.
- If sabbath is new to you, start with half a day.
- Make your favorite meal.
- Slow down and taste your food.
- Sit by a fire or float in the pool.
- Disconnect from screens.
- Take a nap.
- Avoid shopping.
- Resist doing chores.
- Don't look at the stock market or read the news.
- Listen to worship or other relaxing music. Loud or soft.
- Read a book (surely there's one you've been meaning to get to!).
- Make a list of all the things you feel responsible for. Entrust these to God by crumpling up the paper and throwing it away.
- Read a chapter of the Bible.
- Meditate and pray.
- Make a list of ways God has worked in your life (including the struggles) and spend time praising and thanking Him for His faithfulness.
- Keep in mind God wants you to enjoy Him and the life He's given you. Play card games or board games. Or both. Build a puzzle.
- Enjoy a hobby or learn a new one.
- Play with your kids.
- Take a walk, paying particular attention to the beauty of God's creation.
- Memorize this verse: *Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.* **Genesis 2:3 (NIV)**
- *My gosh...* don't try to do all of these. That will rob you of rest and refreshment.
- Write down one or two helpful things you did or thought about during the day. Add to this list each time you practice sabbath so you don't have to start from scratch each week.

*The Sabbath is an intentional day or time when we allow the love and wonder of God to wash over us.*

**Dan Allender, Sabbath**