



So Sabbath is more than just stopping – it involves embracing Sabbath practices, a distinctly Christian lifestyle. What kind of Christian disciplines do you think would be helpful to start practicing?

What do you see God doing in the world, and how can you be part of it?

Can you think of someone who may be “old” in years but is still fresh and lively because of God’s presence in their life?

What kinds of patterns fill your life right now? Do you ever feel scattered by your commitments? (Sabbath is meant to integrate the scattered things of our lives)

Blocking off a Sabbath day to \_\_\_\_\_ might make you feel nervous or guilty – think of some ways that you can help each other to overcome this by adopting/embracing some positive Sabbath activities. Start somewhere manageable.

What if you started thinking about Sabbath as time to get creative and be more generous with your time, money, and energy? How would that change your perspective of “Sabbath”?

Where do you find the strength to keep going week to week?

How can others help you embrace?