

The \_\_\_\_\_ of Sabbath

# FORMED

growing in rhythms of grace

**The Rhythm of Sabbath**

Various passages

Sunday, June 26, 2022 | Tim Theule

---

*God rests. God has commanded our rest, but as New Testament Christians, we're not sure what to do with all this sabbath stuff in the Bible. Today, we jump in to explore this vital topic and how a rhythm of sabbath can form us.*

The \_\_\_\_\_ of Sabbath

The \_\_\_\_\_ for Sabbath

## **NEXT STEPS:**

---

Is Sabbath rest a "rhythm of grace" in your life? Does it need to be?  
How can you experiment with Sabbath this summer?

---

**NEXT WEEK:** FORMED | *The Rhythm of Community*

---

*Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at [gracecentralcoast.org/groups](https://gracecentralcoast.org/groups)*

### CONNECT *(ask these questions to check-in with your group)*

*Share with one another ways you rest and how well you rest.*

### DISCUSS *(use some of these questions to process God's Word together)*

1. Read Mark 2:23-28 again. How did you "come under" God's Word and the message this week? What did you learn? What were the takeaways?
2. The Sabbath command is one of the 10 commandments and yet the New Testament doesn't reiterate the Sabbath command. In fact, Colossians 2:16-17 ALMOST seems to dismiss it. How do we reconcile these teachings? What's been YOUR relationship with sabbath?

3. Read Exodus 20:8-11 and Deuteronomy 5:12-15. What is similar and different in these passages? What is the emphasis in each? Why? What does each passage teach us about sabbath rest?

4. Next Step Discussion: Is Sabbath rest a "rhythm of grace" in your life? Does it need to be? How can you experiment with Sabbath this summer?

### PRAY *(use these prompts to pray in response to God's Word)*

- Pray for one another this summer as we explore and experiment with these "rhythms of grace" and Sabbath rest.
- Share needs and pray for one another.