

# RHYTHM

Week 3

BRBC Groups

January 17, 2021

**Scripture** | Mark 2:23-27, Exodus 20:8-1, Deuteronomy 5:12-15

**Ice Breaker** |

1. Do you find it easy to rest? What do you do to be restful?
2. Did you try to practice stillness this past week? If so how did it go? If not, why not?

**Going Deeper** |

1. What is something that stood out to you from this weeks message? Do you have any questions from it?
2. Read the passages in Exodus and Deuteronomy
3. In your mind, what makes a day holy? Do you have other days that you celebrate as holy (birthdays, anniversaries, etc?) What does a holy day look like to you?
4. What is the reasoning God gives, and Moses gives, for having a sabbath?
5. How are they similar?
6. What is the purpose for the Sabbath? What are we meant to do?
7. Read Mark 2:23-27
8. What is the complaint about Jesus here?
9. The story Jesus references about David is found in 1 Samuel 21:1-6, take a moment to read it. How does this story apply to Jesus here?
10. How does Jesus reframe the idea of Sabbath here? How is it likely different than what the Pharisees are teaching?
11. Do you regularly take a Sabbath? If so what does it look like, if not why not?
12. What benefit would taking a sabbath have for you in your life? Why is it an important rhythm?
13. In the message this week, Rob referenced 4 different types of time to take during a sabbath rest. What were they? Which is most appealing to you?
14. Taking a sabbath is not just good for our physical and mental health, it is also a demonstration of trust. Trust that God will care for our needs in all areas our life and we do not need to always trying to do everything ourselves. How do you think you could demonstrate trust to God this week by planing unplanned time this week?