


# A God-Given Gift”

Remember: The goal of small group is 100% participation . . . to hear from everyone. Choose the questions you think your group will respond to, but center them around the Bible by using the questions marked “  ”



## Open It:

- What’s your ideal way to spend a day off with no obligations?
- Have you ever taken a full day of intentional rest? What did you do (or not do)?
- What’s your first reaction when you hear the word “Sabbath”—peaceful, confusing, impossible, or something else??

## Read It:

- Exodus 20:8-11
- Genesis 1:31-2:3, 8, 15
- Deuteronomy 5:15
- Exodus 16:25-30
- Exodus 31:13-17

## Explore It:

- 📖 Genesis 2:2-3 – What does God’s rest on the seventh day teach us about our need for rest?
- 📖 Genesis 2:15 – How do you see a balance between work and rest in the Garden of Eden?
- Work is described as “good” and part of God’s design before sin. Do you view your work that way? Why or why not?
- 📖 Exodus 16:25-30 – How did God use manna to help the Israelites learn trust through rest?
- 📖 Exodus 16:28-29 – What does God’s question, “How long will you refuse to keep my commands?” say about the human struggle with rest?
- In what ways are we like the Israelites, tempted to gather manna on the seventh day?
- 📖 Exodus 20:8-11 – Why do you think God included the Sabbath in the Ten Commandments?

- Have you ever viewed Sabbath as a gift rather than a rule? How might that shift your approach?
- 📖 Deuteronomy 5:15 – What connection does this verse make between freedom and Sabbath?
- Why do you think busyness is so celebrated in our culture?
- 📖 Exodus 31:13-17 – Why do you think God gave such serious instructions about Sabbath to Israel?
- The message says Sabbath is “less about the status of your house and more about the structure of your habits.” How does that challenge your current routines?
- What stood out to you about Ashley’s “personal retreat” and how she discovered Sabbath?
- Keith Ferguson’s quote says, *“In a restless world, He is the God who offers rest. While the world frets endlessly about the past, present, and future, He is the timeless God who promises His faithful love, care, and provision. The only thing he asks in return is for people to trust in Him and rest in Him.”* How does trusting God’s provision allow us to truly rest?
- Why does Chick-fil-A’s practice of Sabbath (Sunday closures) stand out in our culture?
- The message ends with a question: “What if rest is not so much about a place or plan, but a Person?” – What does that idea mean to you?

## Do It:

- What is one step you can take this week to surrender your busyness?
- What’s one thing in your schedule that you can release in order to make space for rest?
- How might you “steward your schedule” more intentionally this season?
- What would practicing Sabbath actually look like for your family or household?
- What fear or pressure keeps you from slowing down or resting?
- What do you need to believe differently about God in order to trust Him with your time?