Hook - Getting to know one another

* *How is everyone doing this week? Add other questions to get to know one another, especially ones related to the topic in the sermon.*
* For you personally, what helps you feel truly at rest?
* Describe a time when you felt fully at rest.
* Consider watching the Bible Project’s video on Sabbath together, to see the arc of God’s promise of rest through the scripture: (~5 min): <https://bibleproject.com/explore/video/sabbath-video/?utm_source=web_social_share&medium=shared_video>

Book - Scripture

* *Read the scripture passages and discuss to understand* ***what the text is saying****:*
* Read the following passages, noting the patterns of rest in weekly sabbath, festivals, and sabbath years:
  + **Leviticus 23:3, 7-8, 21-22, 24-25, 31-32, 34-36, 39-41**
  + **Leviticus 25: 1-7**
* What is commanded of the Israelites in these passages?
* What is repeated throughout these passages? Why might this be the case? Consider the following phrases:
  + “Do no work”
  + “Sacred assembly”
  + “To the Lord”
* How does this fit with the shaping of God’s people that has been taking place at the foot of Mt. Sinai throughout Leviticus?

To consider connecting to the New Testament

* Read Matthew 11:28-29
* In what way do the passages in Leviticus point forward to Jesus?

Look - Connections to our world today

* *This section focuses on implications about* ***what this text means*** *about what’s wrong in the world, about trusting God, about who God is, etc.*
* What values or worldview is expressed in this passage?
  + What is God trying to cultivate in his people?
  + How do these values differ from those the Israelites would have experienced as slaves in Egypt?
  + How do these values differ from our world today?
* What is revealed about God and His hopes for us through these passages?
  + How do the commands in these passages point to God’s promise of future rest?
  + What responses of obedience does He seek? How might these shape us?
  + What do you find encouraging in these passages, and God’s call to Sabbath rest?
  + What are the challenges to living this out - to trusting God with Sabbath rest?

Took - Personal Application

* *This application focuses on* ***how God is calling us to respond****. This could be personally, as a family, small group, or church. It could be something to believe, to meditate on, to say or do this week.*
* What obstacles to Sabbath do you face personally?
* How might we communally enter Sabbath rest as a small group?
  + Is there a shared activity, meal, or time that would help us enter sabbath rest?
  + Are there ways we can support each other with any obstacles we face to entering God’s sabbath?
* How will you enter God’s sabbath rest this week? Consider:
  + Time (When? How long? Start with something that feels manageable)
  + How (time with God? Reading - scripture or otherwise? Walking or time in nature? Worshiping? napping?)

Time of Prayer