



Sermon Discussion Guide

Holy Time - Hannah Dreblow

November 12th, 2023

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?



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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?



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- 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