








## Small Group/ Reflection Notes

06-10-2024		10:4 – TGI Sabbath	
 Start	<input type="checkbox"/> What has your week been like?		
 Discuss	<input type="checkbox"/> How do you switch-off from work/ get refreshed? <input type="checkbox"/> What are you like if you <i>work, work, work</i> , without any rest? <input type="checkbox"/> Why can 'time off' sometimes not feel like 'rest'? When do you experience rest/ refreshment? <input type="checkbox"/> What does a good Sunday look like for you? <input type="checkbox"/> What does Sabbath look like in a 24-7 society? <input type="checkbox"/> Why is it wrong to judge those who arrive late to Sunday services? What don't you/ we know?		
 Read	<a href="#"><u>Exodus 20:1-11</u></a>	 Listen again	ChesterRoadBaptist.org.uk/Watch
 Explore	<input type="checkbox"/> <a href="#"><u>v.8</u></a> : What makes a day <i>holy</i> ? What is <i>Sabbath</i> ? How is it a God-gift? Why is Sabbath sometimes negatively thought of as a “don't day”: <i>don't</i> work, <i>don't</i> play out, just <i>don't</i> ? What if, the original intent, was far more positive – a “do day”? What might that involve? What could/ does Sabbath look like for you? <input type="checkbox"/> <a href="#"><u>v.9</u></a> : How are 'work' and 'rest' linked? What happens when they become out of balance? [e.g. The few hoard all the work, leading to stress, unemployment..?] How often do you hear Christians boasting about their adultery or stealing? So why do we boast about how little time we take off/ how hard we work? <input type="checkbox"/> <a href="#"><u>v.10</u></a> : Who is 'Sabbath' for? Why is Sabbath more than just “do no work”? If Sabbath rest is “ <i>to the Lord</i> ”, what can this free us/ you from? Why was the introduction of Sabbath so radically inclusive - for all? Justice, not just us! [e.g. age, gender, socio-economic status, ethnicity...] How do we ensure <i>everyone</i> benefits from Sabbath? [e.g. employment rights, how we pay self-employed tradespeople...] Why is Sabbath also good for the environment, farming...? <input type="checkbox"/> <a href="#"><u>v.11</u></a> : If God is all-powerful Creator, why did <i>God</i> rest? <a href="#"><u>Genesis 2:2</u></a> What does this say about 'rest'? What does this say to <i>us</i> about Sabbath rest? Why does <a href="#"><u>Deuteronomy 5:12-15</u></a> set Sabbath as the antidote to exploitation and oppression? Why is this necessary today? <input type="checkbox"/> <a href="#"><u>Mark 2:23-28</u></a> : What did the Pharisee accuse Jesus and His disciples of? How did Jesus respond to the Pharisees? <a href="#"><u>v.27</u></a> : What happens when Sabbath becomes a promise, not a command; a gift, not an obligation? When is your Sabbath? Does it always have to be on a Sunday? <input type="checkbox"/> <a href="#"><u>Mark 3:1-6</u></a> : What did the Pharisees accuse Jesus of doing this time? What were they revealing about themselves and their approach to religion? Again, how did Jesus respond to them? <input type="checkbox"/> <a href="#"><u>Colossians 2:16-17</u></a> : What does Sabbath point towards? How?		

	<input type="checkbox"/> <a href="#">Hebrews 4:1-11</a> : Why is our true rest still to come? <a href="#">v.4</a> : If even the writer to the Hebrews forgot a Scripture reference (and it still made it into the Bible), how might that reassure us/ you?
 Go further	<p>On the Sabbath, what constitutes <i>work</i>? Thinking that God would smite lawbreakers, the Pharisees created endless rules to keep people on the ‘right side of the Law’. For example, they decided walking 914 metres (2,000 cubits) on the Sabbath was holy/ acceptable to God, but 915 meters was not. They took different, unrelated Bible verses, added them together, and told everyone God says it was a sin to walk 2001 cubits (915 metres) on the Sabbath. They cited as evidence: <a href="#">Exodus 16:29</a>, <a href="#">Exodus 35:2</a>, <a href="#">Numbers 35:4</a>, and <a href="#">Joshua 3:4</a>.</p> <ul style="list-style-type: none"> <li>• What impression did the Pharisees appear to have of God?</li> <li>• What do you make of the Pharisees use of Scripture? “I can do all things through Bible verses taken out of context.”</li> </ul>
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why? <input type="checkbox"/> How do you rest, rejoice, receive on your Sabbath?
 Do	<input type="checkbox"/> What, if any, changes do you need to make to your days off? Schedule something that will refresh you. And receive it as a God-gift.
 Pray	Pray for one another.
 My questions:	

If you're not yet in a small group, why not join one! Check out: [ChesterRoadBaptist.org.uk/SmallGroups](http://ChesterRoadBaptist.org.uk/SmallGroups)  
Can't see a group to suit your availability/interest? Start one! [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk).