



JOURNEY TO FREEDOM

7.7.24

BEYOND SUNDAY

The Gift of Sabbath — Exodus 20:8-11 — Jacquie Ronan

1. Jacquie shared a personal story about experiencing burnout. Have you ever found yourself in a situation where overworking disguised itself as productivity? How did it impact you?
2. In Exodus 20:8-11, why do you think God emphasized the Sabbath so strongly? What does Sabbath rest signify in relation to our relationship with God?
3. Reflecting on Exodus 16:21-30, why do you think some Israelites struggled to trust God's provision of manna on the Sabbath? How does this relate to our struggles with trust today?
4. Ruth Haley Barton mentions Sabbath-keeping as a practice connected deeply with trust in God's provision. How can Sabbath observance deepen our trust in God practically in our daily lives?
5. Chick-fil-A's decision to close on Sundays is rooted in their corporate purpose to honor God and allow employees a day of rest. How can businesses today incorporate Sabbath principles for the benefit of their employees and community?

6. Jesus refers to Himself as the "Lord of the Sabbath" (Matthew 12:8). What does this statement mean in the context of understanding the true purpose of Sabbath rest?
7. Hebrews 4:9-10 speaks of a Sabbath-rest for the people of God. How does Jesus provide this ultimate rest, and how is it different from the Sabbath observance in the Old Testament?
8. Jacquie mentioned practical steps to observe Sabbath, such as making worship a priority and turning off mobile devices. How can you practically incorporate Sabbath principles into your weekly routine?
9. Reflecting on Mark 2:27 ("The Sabbath was made for man, not man for the Sabbath"), how can we ensure that Sabbath observance enhances our spiritual life rather than becoming legalistic or burdensome?
10. Jacquie's vision for a community thriving through Sabbath rest involves caring for one another and serving the community. How can our church community embody Sabbath principles to create a place of flourishing and support?