

Discussion Questions



LOVE like Jesus

Get to Know Each Other.

If you've ever shared a household with someone (spouse, roommate, etc.), what were some habits you had that caused some friction with the other person?

What are some aspects of your current lifestyle that you are coming to recognize as a bad habit or rhythm to be in?

LEARN from Jesus

Discuss the lessons of the message.

Before you heard this message, what was your understanding of the Commandment, "Remember the Sabbath day, to keep it holy" (Exodus 20:8)?

Based on this teaching, what would a typical Sabbath day look like in our modern age if we adhered to its practice?

Discuss this statement: *God's commandments are not burdensome.* Have you ever considered them in this light?

How has this message changed your view of the Sabbath?

LIVE like Jesus

Apply the message to your life.

What small change will you commit to this week to get closer to truly honoring the Sabbath day as God intended?