



Week of May 17
Why Sabbath? | Pastor Mike Barnhart

This weekly tool is designed to help you process and apply God's truth with other brothers and sisters who want to grow in Christ. You might use this in your Life Group, one-on-one over coffee, around the family dinner table, or in a casual small group of friends. The aim is to take God's Word from Sunday morning and bring it into the corners of our lives throughout the week, so that together we might be transformed into people who treasure God and love others.

beyondsunday Reflection & Discussion

Getting Started

1. What has been your view of Sabbath? If you have practiced Sabbath, what has that looked like for you?

Receive the Word

2. Read [Exodus 20:8-11](#). What does this passage tell us about Sabbath?
3. Read [Exodus 31:12-17](#). What does this passage tell us about Sabbath?
4. Read [Deuteronomy 8:10-20](#). What does this passage tell us about Sabbath?
 - a. What is the warning in the passage? Why did Moses offer this warning?
 - b. What is the exhortation in the passage?

Make the Connection

5. What is the purpose of Sabbath? Why is it beneficial to God? To us?
6. In the sermon, Pastor Mike emphasized *remembering God, depending upon God, and communing with God* as three primary aspects of Sabbath.
 - a. What value do these aspects of Sabbath hold?
 - b. How have you practiced these aspects of Sabbath?
7. As you think about the weeks and months ahead this summer, how is God leading you to value & practice Sabbath rest in Christ?