



HTC Groups

Discussion Questions

Sermon Title: Summeritis: Enjoy Rest

Scripture: Genesis 2:1-3; Exodus 20:8-11; Mark 2:23-28

Date: May 12th, 2024

Speaker Name: Justin Chandler

1. What is the best way for you to rest? Are there specific activities or locations that are most restful for you?
2. Are you able to “enjoy” rest? What makes it difficult for you to both rest and enjoy rest?
3. When in your life has the following phrase been true: “always planning to rest but never seeming to fulfill their plan”?
4. How is it significant for us that, after creating the universe, the Lord God blessed and set apart the Sabbath day for rest?
5. When God finished his work and rested, He didn’t “need” to. God was not tired, weary, or exhausted. How does that help us view the power of God and the purpose of Sabbath rest?
6. The example of the Lord during creation in Genesis 1-2 is the basis for the command in Exodus 20. Does this cause you to reconsider how you view the Sabbath and God’s desire for it?
7. In The 10 Commandments, the Sabbath is comprehensive of everyone within the community of Israel. Considering your Sabbath rhythms and practices, how can you do the same within your family?
8. What does this statement by Jesus mean: “The Sabbath was made for man, and not man for the Sabbath” (Mark 2:27)?
9. How does Jesus’ correction to the Pharisees explain their view of work and rest? How does it relate to how you view work and rest?
10. As we discuss the Sabbath and rest week over week, it will be easy for this to just be a discussion. What changes can you make to your life and schedule to honor the Sabbath and God’s desire for you to rest?