



## October 29th Sermon Questions

### Foundations: Of Rest and Sabbath

Genesis 2:1-3

Icebreaker: What is your favorite hobby? What crazy activities do you dream of trying someday?

Discussion Questions: Read the scripture verses above.

1. Giorgio began the sermon reading from Little House in the Big Woods where Sundays were slow and the child says, "I hate the Sabbath!" Have you ever felt like that?
2. Did anything in particular in the sermon stand out to you either because it was a new thought, or challenged your way of observing the Sabbath?
3. In what way is making the Sabbath day holy counter-cultural in today's world?
4. Do you or your family have a rhythm of practicing the Sabbath in a certain way? How? Does it reflect what Giorgio said that "Rod rested to punctuate the beauty of what He had done?"
5. What did you think and feel about the comment that the foundation of the Sabbath is a thanksgiving for creation AND redemption? Did it inspire any creative thoughts on how you might celebrate this?
6. Jesus declared, "The Sabbath was made for man, not man for the Sabbath." In what way did he fight the legalism of his day? Have you experienced the legalism of our day about the Sabbath from religious leaders?
7. If you were planning a day to enjoy God and celebrate creation and His redemption, what would it look like?
8. How would you explain God's command to honor the Sabbath to a 5-year-old?