



OBSERVE THE SABBATH AND KEEP IT HOLY

1. CATCH UP ON LIFE:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 20-30 minutes

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

For LifeGroup training resources check out MidtownLifeGroups.com

2. REVIEW THE MISSION:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

- **People:**
 - Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
 - Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?
- **Plan:** Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

3. SERMON DISCUSSION:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

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I. SCRIPTURE DISCUSSION

Primary Passages: **Deuteronomy 5:12-15**

Read **Deuteronomy 5:12-15** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup.

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

II. SERMON AND BOOK DISCUSSION

What stood out to you from the sermon? What stood out from this week's reading of *For Our Good Always* (Chapter 7 and Interlude 7)?

In the sermon, we said Sabbath is stopping from work for 24 hours to intentionally be with God, be with God's people, and rest.

- With that definition in mind, what about Sabbath comes naturally to you? Why?
- What about Sabbath seems the most difficult/challenging? Why?

If you haven't already, let's take some time to plan out our next Sabbath. We'll take 3-5 minutes silently planning ours out. At the end, we'll discuss together and offer feedback. Below are some questions to think through:

- When will it be?
- How will you Sabbath (according to the definition given above)?
- What pushbacks, conflicts, and obstacles do you expect when you Sabbath and how can you plan around them?
- How can we hold you accountable to make sure you keep the Sabbath?

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4. ENGAGE THE HEART.

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

We fight deceitful ideas with truth. We do this regularly through resources like the Digging Deeper Chart, Go-to Verses for Gospel Fluency, and the Truth Train. All of these tools are available at FollowingJesusTogether.com/confession

How are you abiding with Jesus (Bible reading and prayer) this week?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

What sin(s) do you need to confess to God and others? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Pray: *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*

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