

# Gen. 2:1-3, Matt. 11:28-30 | Sabbath 1

## Study Questions\* from 26.05.2024 sermon

### Read

- i. Read Genesis 2:1-3 and Matthew 11:28-30 to set the scene for this study.

### Discussion

- ii. What's your current understanding of the Sabbath?
- iii. What thoughts and feelings do you have about practicing the Sabbath?
- iv. Read Mark 2:27. What did Jesus mean?
- v. What stuck out to you from the sermon? Was there a Scripture or thought that especially resonated with you?
- vi. Is Sabbath a part of your current life rhythm or not?
- vii. What are the obstacles that get in the way of your practicing Sabbath? Either practically or emotionally?

### Prayer

Spend some time praying about what you've discussed and pray for one another.