

# SUNDAY TO EVERYDAY

## Rewired Week 1: Sabbath

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### SCRIPTURE

Read Genesis 2:1–3, Exodus 20:8–11, Hebrews 4:9–11, and Matthew 11:28–30

*Take your time, and write down what stands out to you.*

### DISCUSSION QUESTIONS

- In Genesis 2, God blesses the Sabbath as holy before it was ever commanded. What does this reveal about God’s design for rest and its place in creation?
- How does keeping the Sabbath confront the cultural “Pharaohs” of hurry, productivity, and achievement in our lives?
- Deuteronomy ties Sabbath to freedom from slavery. In what ways might refusing to rest show that we are still living like slaves instead of free children of God?
- Hebrews 4 speaks of a “Sabbath rest” for God’s people. How does Jesus fulfill this rest, and why does true Sabbath ultimately point us to Him?
- Which of the five Sabbath movements (Plan, Stop, Rest, Delight, Worship) feels most natural to you, and which feels most challenging? Why?
- What would it look like for you to intentionally set aside a block of time this week—even a few hours—to practice Sabbath as more than just “time off”?
- How can your family, friends, or Grace Group help one another cultivate rhythms of delight and worship in Sabbath so it becomes a shared practice, not just an individual one?

### PRACTICE SABBATH

Sabbath doesn’t happen by accident. Be intentional this week to create a plan to practice sabbath.

▶ [WATCH THIS WEEK’S MESSAGE](#)

*Find a quiet space to listen with intention.*



**Grace Community Church**