INTRODUCTION

As a new year begins, we view it as the perfect opportunity to implement new habits in our lives. We make resolutions related to health, relationships, and finances to better ourselves. But what would happen if we focused on our spiritual health first?

This series will place an emphasis on the important habits we need to embrace that will help us stay grounded, find hope and comfort, and grow spiritually. Make it a Habit will help us discover refreshing ways to experience life in a more positive way.

DISCUSSION QUESTIONS

1. From your perspective, how does our modern culture and way of life make it difficult for people to rest and be refreshed?

2. Most people see the value in a weekly Sabbath day of rest but struggle to do it. What makes it hard for people, or for you personally, to take a break from paid or unpaid work? What deeper issues might be going on in a person’s life if they can’t or don’t want to stop and take a break?

3. In today’s message, Pastor Josh looked at four core passage about the Sabbath
   a. Read those passages again together:
      • Genesis 2:1-3
      • Exodus 31:17
      • Exodus 20:8-11
      • Mark 2:27
   b. Taken as a whole, what do we learn about God and what do we learn about ourselves?

4. Sabbath is God’s weekly gift of Rest, Refreshment, and Relationships.
   Unpack each of these applications together.
   a. Choose your day of rest. In the rhythm of your week, which 24-hour block of time works best for your Sabbath?
   b. Rest. Sabbath means we stop working, we cease from labor. We take a break from paid and unpaid work. What does this look like for you?
   c. Refreshment. What would make, or already makes, a Sabbath day refreshing to you? What are 2 or 3 things that you really enjoy that “fill your cup” and help you exhale?
   d. Relationships. What are some ways to enjoy and grow your relationships with God, loved ones, and close friends on the Sabbath?

5. Make It A Habit.
   a. If you begin to make Sabbath a weekly habit, what positive differences would it make in your life?
   b. If you already make Sabbath a regular, weekly habit, what positive differences does it make in your life?

6. Check out www.chestnutridgechurch.com/HABIT for the complete Make It A Habit plan and downloaded resource.

APPLICATION

Sleep is an essential part of our day. Without it, we can’t function to the best of our ability. A lot of us are burnt out and exhausted from always being on the go, and not letting ourselves rest enough. There’s another God-designed rhythm that is just as important to our well-being—a weekly day of rest known as a Sabbath.

The Sabbath isn’t a day of do’s and don’ts or religious restrictions. A Sabbath gives us time and space to focus on what matters most. It’s a day of delight, joy, and refreshment. It’s simply about taking a break from the demands of life to enjoy our relationships with God, loved ones, and things that bring us happiness and gratitude.

While many of us struggle to stop for an entire day, it’s important to God that we rest. God doesn’t care what day you set aside—as long as you take 24 hours for restoration, reflection, and relaxation. To make it a habit, we need to try different things to see what works best, and over time it will become a natural part of our lives.

KEY VERSES (HCSB)  Genesis 1:1; Genesis 2:1-3; Exodus 31:17; Exodus 20:8-11; Mark 2:27