**Enjoying the Sabbath**

**The Word**

Read together Psalm 104 and Romans 14:5-8

**The Big Picture**

Sabbath is a day to stop, rest, and enjoy God as our creator and savior. There is freedom in how we engage a day of rest, and each of us is invited to prayerfully discern with the Lord what would be most fruitful for us.

**Discussion Questions**

Take some time to silently consider the questions from Sunday’s handout printed below. Then take the time of discussion letting each person in the group share some of their specific thoughts, plans, or hopes for how they want to engage the Sabbath in light of these questions.

1. STOP

* What are the things I need to stop doing in order to be freed to enjoy this day?
* How would I need to arrange my other days in order to stop on this day?

2. REST

* What activities (or inactivities) bring true rest and refreshment to my soul?
* What can I say “no” to in order to say “yes” to true rest and refreshment?

3. DELIGHT

* What people, places, and things bring me joy and delight?
* How can I experience God’s goodness through his created gifts?

4. CONTEMPLATE

* How can this day help me reflect on who God is and what he’s done for me?
* How can this day serve to increase my enjoyment of and faith in God?