



## Session 6: Discover the Rhythms of the Daily Office and Sabbath

*How busy are you?*

1	2	3	4	5	6	7	8	9	10
Not Busy									Very Busy

**Discussion:** What is one practice you do on a daily/weekly basis that helps you stay connected to God?

### Bible Study:

*Read Daniel 6:6-10*

1. How do the words in the last verse speak to you?
2. How do you think this practice anchored Daniel in God and enabled him to resist the great pressure he was facing?
3. What are the greatest obstacles preventing you from stopping to be with God once or twice a day?

*Read Exodus 20:1-17*

4. Look again at the fourth commandment in verses 8-11. Sabbath is a day each week with four characteristics: Stop / Rest / Delight / Contemplate. What 24-hour period might work for you to practice Sabbath at this phase of your journey?
5. What do you need to stop that relates to your work, both paid and unpaid?
6. What activities, places and/or people create rest and delight for you?

### Application:

Your group leader will read each of the following questions along with the answers in the workbook. Briefly discuss each of them together.

1. Why do I need to keep Sabbath for a whole 24-hour period each week?
2. How do I go about deciding what specific activities are acceptable and unacceptable on a Sabbath?
3. Do I need a day off AND a Sabbath?
4. What do I do about my tendency to perfectionism?
5. Isn't Jesus our Sabbath-rest? Is this another works-righteousness?
6. How do I cease from the work of parenting?
7. What do I do about my children who aren't interested in Sabbath?
8. What about sports and extracurricular activities my children may be involved in?
9. How, like Jesus, can we exercise compassion on the Sabbath without turning it into work?
10. Which day is the Sabbath? Sunday or Saturday? I have heard different views.
11. Can I serve at church as a volunteer? Should I stop?

What is one small step you can take to begin to incorporate Sabbath as a spiritual formation practice, or to broaden and deepen your Sabbath if you have already begun practicing it?