



## T-90 Questions

### Getting Started:

- What is your idea of a great day off?
- What are some things that refresh your soul and invigorate you?
- Does the word "Sabbath" conjure up images of rest or joy in your mind? What images does Sabbath bring to your mind?

### Digging In:

Read Genesis 2:1-3. An interesting fact about these verses is that the first thing in all of creation that is made holy is not a person or even an object. Rather, it is a day.

1. Why is the Sabbath so important in the Jewish tradition?
2. Read Exodus 20:10. How does this Sabbath requirement of no work or commerce honor God and respect human needs?
3. What can we learn from the Jewish observance of the Sabbath?
4. In your mind, what makes a day holy?
5. Hebrews 4:9-11. How is keeping Sabbath more than just attending church worship?
6. What makes keeping the Sabbath so difficult these days?
7. What are distractions, or even good things, that get in the way of taking a day of rest?
8. How would honoring the Sabbath help you in your work?

### Taking It Home:

Here is a list of possible Sabbath practices:

- Take time for inactivity
- Take time for fun
- Choose activities that recharge you
- Philippians 4:8
- Imagine your life from an eternal perspective
- Try reading a daily devotional or Bible reading plan or praying worshipfully.

What do you plan on adding to your life as a result of this discussion?