



Small Group Discussion Notes

The Rest of the Story Week 6

Sabbath as Identification

October 30th, 2022

Warm Up

Share a personal accomplishment that you are proud of.

Digging Deeper

Read Matthew 6:25-34

What does this passage tell us about our relationship with God?

Are you easily able to trust God to provide, or do you find it to be a struggle? Why did you answer the way you did?

What is the difference between having thoughtful concern and anxiety/worry?

Can you think of examples in scripture where as followers of Christ we are to have thoughtful concern?

What are examples in your life of areas where you have thoughtful concern and areas where you are experiencing worry/anxiety?

Why do you think people are prone to worry about their needs when God promises to meet them?

Next Steps

Read Philippians 4:6-7

How could more intentional times of Sabbath rest help you do what is encouraged in the passage you just read?

In what ways are you striving under your own power to create your identity rather than resting in the knowledge that first and foremost you are God's beloved; a daughter or son, whom God loves and wants to provide for?

How can an understanding of who you are to God change the way you approach your work, relationships, priorities, etc.?

Final Thoughts

Understanding that before any other facets of our identity (job, relational status, interests, successes, etc.) we are first and foremost God's beloved creation is a foundational aspect of a Sabbath Imagination. This is because it reminds us of who ultimately is in control. In this understanding there is rest and freedom from worry and anxiety.