



February 2, 2025

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Exodus 31:12-18

Key Takeaways:

- Sabbath is a gift from God.
- If God who didn't need to rest chose to rest, we, too, must rest. (Genesis 2:1-3)
- The Sabbath is a cathedral in time, a foretaste of eternity. Sabbath enables us to fight against the myth that we are Lord over our own lives.
- Sabbath forms us and helps us to be more attentive to God.
- Sabbath was made for man, not man for the Sabbath (Mark 2:27).
- Sabbath emphasizes work over toil, rest over leisure, worship over self care, and eternity over time.

Prompts for Discussion

1. Revisit the passage (Exodus 31:12-18) as a group, and invite someone to read it out aloud. What initially stands out to you from this passage? What do the Lord's instructions reveal about God's character and heart for His people?
2. In his sermon, Kevin pointed to the different forms of enslavement throughout history in the form of rectangles (brick, dollar, and iPhone). He said that we are restless - often overworked, under-rested, dissatisfied, and discontent. What stood out to you from the history of rectangles? How have you personally witnessed and experienced this restlessness?
3. Why do you think the Israelites longed for Egypt despite their enslavement? What are some ways that we, similarly, resist or reject the freedom and refreshment God desires for us?
4. The Sabbath reminds us that we are not Lord over our own lives. How does this challenge the messages of our time and cultural context? How does practicing Sabbath help us re-align with God and restore our true identity?

5. Is Sabbath already a part of your regular rhythms? If so, what does that look like, and how is it going? If not, what are some barriers (internal or external) to practicing Sabbath?
6. Kevin said that the Sabbath is to time what the tabernacle was to material space. What does it mean for Sabbath to be a foretaste of eternity? How is the Sabbath a shadow of a reality that points to Jesus?
7. Kevin reminded us that work is a pre-fall reality; we were created to cultivate, to be creative, and to contribute. Work becomes toil, however, when we make it ultimate in our lives. Are there areas in your life where you may be tempted to make your work your everything? How might God be inviting you, through Sabbath, to guard against deriving your meaning and purpose from your work?
8. Leisure centers around the self rather than God. Unlike rest, it always over-promises and under-delivers. What do you personally find to be truly restful, life-giving, and refreshing? What would it look like to incorporate this into your Sabbath practice?
9. Kevin reminded us that Sabbath is intended for worship, not for self care – it is not a reward for our work, but rather an opportunity to re-orient our lives around the person, presence and activity of God. What are some of the ways you like to delight in and worship the Lord? How might you cultivate a heart of gratitude and contentment throughout your Sabbath?

Take Home Challenge:

This week, challenge yourself to set aside a day, or even a half day, to practice Sabbath. Invite the Lord into your planning and preparation for Sabbath as you consider how you can stop, rest, delight, and worship. Remember that this will likely look different for each person, depending on your stage of life. Start where you are, not where you think you should be!