

# Weekly Discussion Guide – 6-7-2026

## *The Summer of Slower, Part 2: “Stop for Your Life”*

Texts: Exodus 20:8-11, Genesis 2:1-3, Deuteronomy 5:12-15,  
Mark 2:27-28, Hebrews 4:9-11

1. When you hear the word “Sabbath,” what comes to mind first? A gift, a burden, a rule, a luxury, a necessity, or something else? Why do you think that is?
2. **Read Exodus 20:8-11 and Genesis 2:1-3.** What do you think God wanted Israel to “remember” about Himself, creation, and humanity?
3. **Read Deuteronomy 5:12-15.** What differences do you notice between the Sabbath command in Exodus and Deuteronomy?
4. **Read Mark 2:27.** How does this statement by Jesus reshape the way many people think about the Sabbath? What does it reveal about God’s character?
5. Everyone has an Egypt – something that drives, controls, or enslaves. What might your personal Egypt be right now? (Ex. Achievement, busyness, approval, financial pressure, anxiety)
6. What unfinished work, responsibility, or worry would be hardest for you to release for one day? What might that reveal about where your trust is currently placed?
7. Think about your current weekly rhythm. What would a realistic Sabbath practice look like in your season of life? List activities that help you delight in God, enjoy His gifts, and experience rest.
8. **Hebrews 4:9-11** speaks of a deeper “Sabbath-rest” available through Christ. What is the difference between taking a day off and living from a place of spiritual rest? What does it feel like to imagine Sabbath-rest as a lifestyle, and not just a day off?
9. What is one specific action you can take this week to move toward Sabbath living?