

Simplexity
Discussion Guide
Week Two
January 10 & 11, 2015

Opening Prayer: Father, thank you for the gift of a Sabbath and rest. Help us be renewed physically, emotionally, and spiritually this week.

Talk it Over: Pastor James gave us a great example this weekend by showing us how a top that spins continuously is not natural. In the same way it is not natural for us to continue spinning with daily life, never taking the time for intentional pause and rest. Pause and rest are necessary for us to evaluate reality! How good are you at creating margin for rest, self-evaluation and reflection?

Read Hebrews 4:9-11

The Sabbath is not just a command from God; it is a gift that he gives to help us learn a new way to live. Pastor James referred to the rhythm of life that encompasses play and rest. It's through this rhythm of play and rest that we experience a renewing of ourselves physically, relationally, and spiritually. Creating space to listen to our bodies, connect in relationships with others, and practice silence before our creator renews us.

- What are some of your favorite ways to play?
- When you have a day of rest what does that look like for you?

Read John 15:4-5

Remaining in Jesus and spending time connected to him allows us to live in the way he intended. Creating intentional time to connect is the gift of the Sabbath he has given us.

- Do you have a spot you like to go for a time of solitude and stillness? Nature is always a great place to retreat and feel the presence of God. Challenge yourself this week to find a bench or a patch of sand or grass somewhere and dedicate that time to resting in Jesus and hearing from him.
- If you have developed any type of rhythm of rest and play and feel comfortable sharing that, let the group in on your routine. Sometimes starting out with a whole day can be intimidating. Remember this is not to be rigid so if you need to try for a few hours at first do that!

Challenge: Pick a day to practice the Sabbath and the rhythm of play and rest. Invite friends to dinner, spend some time in nature, do something fun, whatever you choose dedicate that time as a time of rest and renewal.

Closing Prayer: Thank you for gift of a Sabbath. Help us to practice a Sabbath and remain in you this week.