

CONNECTING WITH  
**GOD**  
*Together*

**SESSION THREE**  
**SABBATH**  
**DISCUSSION GUIDE**

Do you believe other people admire you based on how busy you are? If so, how do you think that influences your perception of time?

To what extent do you gauge your own value based on your busyness each day? How does that influence how you prioritize and organize the things you need to get done every day or every week?

What concerns do you have about trying to observe Sabbath? How can you address those concerns?

Observing Sabbath in community in the best way to do it. Is there anyone who might be interested in beginning this spiritual practice with you?

## **THIS WEEK**

Begin to work towards observing Sabbath. Use the tips below to help make a plan to observe Sabbath:

- Pick a day
- Avoid work
- Don't buy stuff
- Focus on God
- Focus on other people
- Avoid chores, work related tasks, sadness, and mourning
- Worship, read your Bible and pray, eat food you enjoy, get outside.