



## INTRODUCTION

We are starting a new series called *The Busyness Fix* that focuses on our need for Sabbaths. Pastor John starts this series explaining how a Sabbath is similar to an Iowa “snow day” - a day God gives us to stop working, rest, delight in Him and refocus our lives. This week, Pastor John speaks about the Sabbath rhythm “stop.” We need to stop to embrace our God-given limits and stop because God is on the throne and we can trust Him to take care of us.

## DISCUSSION

1. When you hear the word “Sabbath,” what thoughts come to mind? How would you define a Sabbath? Compare your definition with other group members, and come up with a group definition of Sabbath.
2. **Read Psalm 46:10.** How does “being still” relate to Pastor John’s message on “stopping” for a Sabbath? What would it look like to practice the spiritual rhythm of stillness or silence as part of a Sabbath day?
3. Many of us worry not everything will be done if we stop for a Sabbath. **Read Matthew 6:25-34.** What would it look like if you took the verse “So do not worry about tomorrow, for tomorrow will bring worries of its own” and put it in practice on a day of Sabbath? How would that change your perception of or use of a Sabbath?
4. Make a list of all of the hobbies, activities, entertainment or other leisure activities you seldom have time to enjoy. Are there one or two on this list that might be able to fit into a Sabbath? Discuss with the group, and make a plan to practice a Sabbath with these activities in the near future.

## DO SOMETHING

1. Pray for each other as you make plans to “stop” and have a Sabbath.
2. Use one of the resources listed below to learn more about the importance of Sabbaths and how to implement a regular Sabbath rhythm in your summer schedule.
3. Summer is a great time to gather with your group and other people in your Little Iowa for some Sabbath relaxation. Enjoy a day at the park, have a backyard barbeque, or ride bikes, four-wheelers, motorcycles, etc.

## ADDITIONAL RESOURCES

1. “What Does It Mean Practically to Keep the Sabbath Holy?” by John Piper
2. *Addicted to Hurry: Spiritual Strategies for Slowing Down* by Kirk Byron Jones. Outlines practical strategies to slow down and be more intentional with the world around us.
3. *24/6* is a series of four videos on RightNow Media by Matthew Sleeth, a medical doctor who shares the reason we need a Sabbath, both physically and spiritually.