



*Weekend Message on September 22, 2024*

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## PRACTICE PLAN CHECK-IN

Start by sharing your experience from fasting last week. If you engaged in the practice, how did you experience God in it? If you didn't, what stopped you?

## DISCUSS & ENGAGE THE SCRIPTURES

1. Read [Exodus 20:8-11](#) and [Deuteronomy 5:12-15](#).
  - How has your perspective of sabbath changed?
  - How has your perspective of your job versus "work" changed?
  - Where are you gaining identity from hustling or significance in the hurry of life?
2. Sabbath isn't a rule to follow; it's a gift to receive. Of the statements below about why we resist sabbath, which do you resonate with the most? How does choosing these things over sabbath affect your life?
  - We idolize time more than we realize.
  - We think it's impossible.
  - We want to know the "rules."
3. Read [Genesis 2:2-3](#). Sabbath isn't about adding something in; it's about taking something out so you can enjoy God.
  - How will you rearrange your life around God's intended rhythms rather than the ways of the world?
  - What will it look like for you to use six days of your week differently to rest on the seventh?

## PRACTICE PLAN

Take a sabbath day this week.

## PRAY

Jesus, may we align our lives with Your created order and enjoy this life You've given us.

## LEADERS

- In your attendance notes, add the responses to question #2.
- Check out [valleycreek.org/circleleaders](http://valleycreek.org/circleleaders) for the new Leader Guide.