



Trust Issues - Week 7

Message Discussion Questions

Introduction:

This week Chance concludes the new series we're calling Trust Issues. Do you have trust issues? Do you know what it looks like when you don't really trust God?

For Part 7 we're looking at: Sabbath. What does it mean to rest? Why is rest important to God? Do you trust God when it comes to the idea of rest?

Questions:

1. Do you have trust issues regarding the idea of Sabbath? What does the word SHABBAT mean? How well do you rest? Why do you struggle with the idea of rest? Do you have trouble taking time to rest?
2. How well do you remember the Lord's commands? What does it mean for you to submit to holiness? Why does remembrance require action? Exodus 20:8
3. Can you trust that six days a week for work are enough? Do you trust that six days will be sufficient for you and for your entire family to complete the work required to support yourselves? Do you plan for a sabbath, a day of rest? How could sabbath show you trust God? Exodus 20:9-10
4. Does God's command allow for any loopholes? How can you know who this command applies to? What are the three parts of this command? How did God model this command for you? Is Sabbath a gift from God, does it seem like punishment to you? Exodus 20:10-11; Ezekiel 20:12

5. Why did the Israelites rebel against God by refusing to obey God's decrees? What would obedience to His regulations have provided for them? Do you need breathing room? Ezekiel 20:13
6. How important is it that you can trust God to honor His promises, even when you don't honor yours? Do you trust God and His promises, that He knows what's best for you? Ezekiel 20:14-15
7. If you do take the time to stop, what two things can you recognize? When you do stop, what activities bring you rest? What do you take delight in? How can taking time to stop create room for you to worship God? Ezekiel 20:16-17

Key Takeaway: *Let go of the thought that God can't provide for you and TRUST His ways are better than OURS. This is not taking time off from God. It's the opposite, we need to spend more time with Him.*

Summary:

- Trust issues with Sabbath. Shabbat = cease, desist, rest
- Remember - keeping it holy, action, submitting to Holiness
- Trusting that six days are enough for work, rest is a gift
- Sabbath is a gift from God
- Israel rejected the gift and rebelled against God
- We can trust God even when we break our promises
- You aren't in control and God doesn't need you... Stop and Rest, Delight, Worship