



# Town + Field

CHURCH

Sunday, May 5  
Discussion Questions  
**All Who Are Weary**

The world is constantly pushing us past our limits. It regularly makes demands on us through technology, work, and various expectations and distractions. Jesus invites us to return to a fundamental rhythm of creation, Sabbath. Sabbath is a practice that honours the limits of our humanity and honours the God who created us.

- Mark 2:23-28, Genesis 2:1-3, Exodus 20:8-11

## REFLECT (10 Minutes)

How would you describe the effect of this week's sermon on you? Was there anything new or interesting that grabbed you from the teaching Sunday?

## DIG DEEPER (20-30 Minutes)

Is the Practice of Sabbath new to you? Was it part of your upbringing? Did you grow up with any kind of negative understanding about it?

How does the idea of practicing Sabbath make you feel? (Nervous about Sabbath being too legalistic? Skeptical about working this into your schedule? Full of anticipation for rest? Something entirely different?)

In what ways do you think we are mal-formed by our culture in regards to rest?

Is Sabbath already a part of your life, or no? If yes, to what extent?

In general, what activities do you find most restful? I.e. connect you to God?

What has been (or do you sense will be) your greatest obstacle in practicing Sabbath?

What do you think has to change in your life for Sabbath to become a part of your practice?

## RESPOND (10-15 Minutes)

This week Pastor Darren invited us to answer three questions as we consider practicing Sabbath together. Spend some time talking about the sorts of things that you should refrain from and the sorts of things you should be sure to plan out for your Sabbath.

What restores you?  
What brings you joy?  
What fills you with worship?

## PRAY (10 Minutes)

Take some time to pray for one another. Pray that God would help us as a community to slow down and learn the unforced rhythms of grace. Pray that we as a community would increasingly learn to live the way of Jesus and more fully partake in the life of God.

## LEADER NOTES

These questions are a guide; feel free to use/exclude ones as people may have already answered the question or talked about the theme OR if your group takes a long time to tackle one particular theme it's ok to skip over questions in the interest of time/focus.