

# STONE-CARVED RULES

in digital times

**GO FURTHER | NOV 6 | WORKAHOLISM – WE ARE NOT WHAT WE PRODUCE**

## **START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- Do you like falling back and springing ahead for time changes? Why or why not? Which time, standard or daylight, would you like to be on all year round?

## **START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- Read Exodus 20:8-11. What words or phrases stand out to you?
- How many days were the Israelites supposed to work? How many days of rest?
- How does resting help combat the idea “we are what we produce?”
- Sabbath is a blessing from God. In what ways can a day of rest be a blessing in your life?

## **START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.**

- Read Mark 2:27; Luke 14:5. What words or phrases stand out to you?
- What was Jesus’ attitude around the Sabbath? Still worth practicing? Legalistic? Disciplined with some flexibility?
- What are some things you like to do that bring you joy, that recharge your batteries and your soul?
- What does your technology practice need to be on your day of rest?

## **START PRAYING | BE BOLD AND PRAY WITH POWER.**

- Loving God, in a busy, noisy, fast-paced world, may we model something different. May we live at a different pace, keeping the Sabbath you’ve called us to keep, finding times to rest so we can be blessed by you and be the people you’ve designed us to be. May we truly understand we are so much more than what we produce. We are children of God loved by you. In your Son’s resurrected name we pray together, Amen.

## **START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.**

- For more on Sabbath, check out this 7-day Bible reading plan:  
<https://www.bible.com/reading-plans/25341-sabbath-living-from-rest>