

Disciplines that make a difference.

The discipline of the Sabbath.

Watch Jelaena's interview together here

<https://www.youtube.com/watch?v=Cv4HoRfq2kl>. What stands out to you from Jelaena's story?

### **Read Isaiah 58:13-14**

Have you ever practised the Sabbath? If yes, describe your experiences

If no, what obstacles have you faced in your work/university culture?

"God has set up the world so that most of the provision we experience comes from our work. Because of this, we can easily assume that we are the ones who bear the responsibility of taking care of ourselves." Discuss this statement. Do you agree?

Isaiah 58v14 describes God's promise of Sabbath, making us "ride on the heights of the land". In what ways does Sabbath benefit us?

Kate mentioned the verb 'luxuriate' in relation to how we can delight in the Sabbath, how does this help you understand why we observe the Sabbath?

How easy do you find it to rest and switch off?

Kate encouraged us to practise the Sabbath intentionally by thinking about what we need to do and not do in order to observe the Sabbath.

What are the things you will do to intentionally practice Sabbath?

What are the things that you will not do or say "no" to on a Sabbath?

Big Idea: The discipline of the Sabbath is about remembering we are God's creation, made not just for work but to enjoy the presence of Jesus in creation.

Prayer: Take some time to pray together. In a culture that struggles to 'stop,' mentally as well as physically, pray that:

- As a Hub, you will find the discipline to experience that 'set apart' space where you can enter into God's giftedness of time.
- Pray that as you decide to practise Sabbath, that you would experience God's provision in your life.