

OF SOUND MIND

Discussion Notes

UNPLUGGED

Sam explained how the pressures of life can negatively effect our mental health. The world has sped up and life is more intense than ever before, and this is one factor that has led to the current mental health crisis.

- Do you agree?
- What pressures do you feel have the greatest impact on your mental health? Technology? A more intense work life? The consumerism culture?

Sam then went on explain the commandment to observe the Sabbath that we find in the Ten Commandments.

- Have you ever tried to practise a weekly Sabbath day, where you stop for all types of work and just do things that bring you joy?
- What are your thoughts on this practice? Is it still applicable to today?
- If you practise it, what does it look like? What difference does it make to your life?
- If we don't practise it, why not? Is it practical issues, theological objections?

WE ARE DESIGNED TO UNPLUG

The first explanation for why we should unplug comes in Exodus 20:8-11. Read through this passage together. Sam explained that this passage tells us to follow God's example and the rhythm of 6 days of work and 1 day of rest that he designed in Creation.

- Do you agree with the idea that there is a natural rhythm in life of 1 day of complete rest and 6 days of work?
- Sam also shared that studies are finding we work better when we rest. Does this surprise you? How might this impact your work life?

WE UNPLUG TO DEFY

The second explanation of why we should unplug comes in Deuteronomy 5:12-15. Here we see Moses telling the people of Israel to keep the Sabbath to ensure that they don't fall in to the mindset of slavery which told them their value comes in how productive they are.

- Sam suggested that this mindset of the Israelites is still alive in us today - that we can find our value in so many things that make us work hard. What are some of these places that we might look to for our value? i.e. social media, working hard, climbing the career ladder, material possessions
- Why is the idea of unplugging (whether that is taking a Sabbath day, unplugging from social media, not buying more and more stuff etc.) so important in avoiding this mindset of slavery?
- How can we as a Hub ensure that we hold each other accountable to not fall into the mindset that says I have to work hard to find my value?
- What does this practice of unplugging look like to your friends and colleagues? Would they find it inspiring or strange?

All of this isn't commanded because we want to tie ourselves up in rules, instead it is given so that we can protect our wellbeing and mental health.

- What difference would unplugging make to our mental health?
- What change would you like to see in your life as a result of trying this?

As a response you may want to read through Matthew 11:28-30 in the Message version and pray for one another. Firstly, pray for those who are struggling with this - whether it is anxiety from the pressures of life or knowing that we are pushing it too hard. Then, pray that we would be able to put this into practice and see a change in our lives.