

**Read Genesis 2:1-4**

- What does it mean for us to set aside a day as “holy?”
- How can we, as imitators of God and bearers of His image, model our daily and weekly rhythms after what He has prescribed (practically)?

**Read Mark 2:23-28**

- What does Jesus mean when he says that the Sabbath was made for man, not man for the Sabbath?
- How have you seen legalism played out and peoples’ felt needs neglected in church or secular life?

**Read Exodus 20:8**

- What reasoning does God give in the text for commanding a day of rest?
- How does his command to work six days reflect the commands given in the Garden?
- Do we work six days? Should we?
- What is work?
- Does our day of rest have to be Saturday? Sunday?
- How do you rest? When do you rest?
- Where do we tend toward overworking? (personally and culturally)
- Where do we tend toward laziness? (personally and culturally)
- Do you struggle more with laziness or overworking?
- How do both of these reveal an idolatrous heart?
- What are we not believing about God when we disobey this particular command?
- How can we rest in the finished work of the Gospel? (see Hebrews 4)
- What are practical next steps we can take to setting aside a day of rest and engaging in weekly work?
- How can we as a community keep each other accountable in this?