



Speaker: Kevin Loten

Title: Slowing Down

Series: Digging Well(s)

1. Do you have any 'funny/painful' Sunday/Sabbath stories from your past? No radio, no TV, no fun?
2. Read **Genesis 2:1-3**. What is the Sabbath? Why is it worth noting that the Sabbath was instituted before sin entered the story?
3. Read **Mark 2:23-28**. What does Jesus mean when he says, "The Sabbath was made for man, not man for the Sabbath"?
4. Have you ever consistently and intentionally observed the Sabbath? What effect did it have on your life and wellbeing?
5. In what ways are you tempted to make the Sabbath all about rules instead of rest? Why do we tend to do this?
6. What are your main reasons for not practicing the Sabbath?
7. Are there any ways in which you feel 'enslaved' to productivity?
8. What can you do today to break the grip of "*Chronos* time" in order to experience "*Kairos* moments"?
9. What would it look like for you to practice the Sabbath in the context of community? What does it look like for you to practice the Sabbath in a way that is appropriate for your life stage?