

LIFEGROUP STUDY
The ReBoot: You Can Stop
20211010

LEADER NOTES

OVERVIEW

Welcome back to our LifeGroup study series called ReBoot! ReBoot is all about this season we are in where many things are re-starting, re-building, re-energizing after the summer and after a long season of pandemic. God wants to do something new in our church and in our LifeGroups. But to engage in this new work we must begin by experiencing His gift of rest. The principle of rest or stopping is a major biblical theme, often known as the Sabbath. While we want to be doers and caught up in God's work, that work must flow from a grounded place of rest from which we know our God and understand our identity. Think about your schedule this fall. Do you have "stopping" built in? Where are you intentionally stopping? God longs for us to experience His rest, to see "stopping" as a gift from Him. This helps release us from the need to get our identity from our work and instead find our identity first and foremost in Him.

ICEBREAKER My Relaxing Day

What would be an ideal relaxing day for you? Do you have favourite hobbies you would enjoy? Is there a certain place you'd love to go to relax? Who would be with you? Imagine you have a Saturday coming up where you can plan the perfect relaxing day. **Share your plan with your group!**

STUDY: FROM THE SERMON

1. On Sunday, Pete talked about "You Can Stop". What stuck with you? What did you like, dislike, agree or disagree with? **Share a key thought or impression you had from the sermon.**
2. Sabbath means to stop. Stop working, stop wanting, stop worrying. **What is the hardest part about stopping for you? Does the idea of practicing sabbath sound good, bad, "legalistic," freeing?**

LEADER NOTES: Your group members will likely have a variety of perspectives and experiences about the habit of "stopping". Some will find this a challenge because their sense of identity and purpose comes from doing. For others, this habit of stopping is something they haven't considered. This question is an opportunity for your group members to begin to wrestle with what it might look like for them to have a regular rhythm in their lives of stopping.

3. If you were to practice Sabbath rest what do you imagine it would look like? **What brings you life, makes you thrive and/or allows you to trust and rest in God?**

LEADER NOTES: Some of your group members may already be practicing a Sabbath rest in their weekly rhythm. This question is an opportunity for them to share tips about how they have experienced true rest in God. Sabbath, according to Marva Dawn, is about ceasing, resting, embracing and feasting. Use these four areas to help your group members blue sky about what an ideal Sabbath day might be like.

4. Our culture is incredibly noisy, busy and demanding. Think about technology – what would it look like to Sabbath from your phone, laptop, social media? **What would you have to say “no” to in order to Sabbath?**

LEADER NOTES: The goal of this question is to get your group members thinking about what might get in the way of experiencing a Sabbath. For many of us, technology keeps us in a place where we find it hard to mentally and emotionally disengage from our everyday world. This question is meant to help your group members get practical about what they may need to say “no” to in order to say “yes” to God.

“Sabbath keeping is a spiritual strategy: it is a kind of judo. The world’s commands are heavy; we respond with light moves. The world says work; we play. The world says go fast; we go slow. These light moves carry Sabbath into our days, and God into our lives.” Donna Schaper

5. Practicing a regular Sabbath impacts the other 6 days of your week. **What are some ways you think the rest of your week would be impacted by a regular Sabbath practice?**

LEADER NOTE: Sabbath is designed to be a regular reminder of who God is and who we are. This reminder impacts the other six days of our week because it puts us in a place where we can hear from God and receive His wisdom and power to live out our days according to His plan. Practically, this means our anxiety should go down and our productivity can go up as we live from a place of resting in God and trusting that He is in control.

BIBLE STUDY – What the Creation Account Teaches Us About Sabbath

For our Bible study time, we’ll look into the Creation account in Genesis. From the very beginning, God has created a world where we can enjoy His gift of Sabbath - our opportunity to stop, rest and know our God. Here are a few keys we learn from Genesis.

- i) Sabbath is about remembering the GOODNESS of God.

Read: Genesis 1:4, 10, 12, 18, 21, 25 – how often do you see the word “good”?

“And God looked over all he had made, and he saw that it was very good!” Genesis 1:31 NLT

6. **How might Sabbath help you remember God's goodness in creation?**

"God writes the Gospel not in the Bible alone, but also on trees, and in the flowers and clouds and stars."
Martin Luther

LEADER NOTES: God has given us His creation to help us experience His goodness. When we take time to notice, contemplate and enjoy God's creation, we get to know Him more. This question is an opportunity for your group members to share practical ideas of what you might do to experience God's creation on a Sabbath. This may include going for a walk in the woods, taking pictures of flowers, planting something in the garden or watching a nature show on TV.

- ii) Sabbath is about experiencing the REST of God.

READ: Genesis 2:2-3

"On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation." NLT

7. On their very first day, Adam and Eve experienced God's rest. **How do you think this helped shape their understanding of God?**

LEADER NOTES: From their very first day on earth, Adam and Eve learned that God is no slave driver. Their first experience of God was His goodness and rest. They learned that He is a good God who has given us a good creation to enjoy.

8. **How do you think rest helped Adam and Eve shape their understanding of themselves?**

LEADER NOTES: Adam and Eve discovered that God loved them not for what they did, but simply for who He created them to be. This is a powerful lesson for us today. Our identity comes not from what we "do" (our work or accomplishments or failures) but from who we are in Him.

"Sabbath is a scheduled weekly reminder that we are not what we do; rather we are who we are loved by."
A. J. Swoboda

iii) Sabbath is God's gift to us, a time to stop, rest and DELIGHT in God.

READ: Isaiah 58:13-14

"Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD's holy day ... Then the LORD will be your delight." NLT

LEADER NOTES: If there is one key message from today's study, it is that Sabbath is meant to be a delight. To "stop" is not meant to be a drudgery or religious obligation. It is a gift from God to us, an opportunity to delight ourselves in Him.

9. What is a key takeaway for you from this study?

Listening to God Together

At the end of our service on Sunday we listened to Kari Jobe's song, Rest. As a group, take some time to rest in God as you listen to this song together.

NOTE: This song can be stopped at the 5:42 mark or you can spend the full 11 mins.

<https://www.youtube.com/watch?v=WhoEktYO5w8>

PRAYER

- Ask God to grow your habit of stopping and resting. Seek Him for wisdom about how to live this out in practical ways.

- Ask God to guide our Creekside leadership team as we continue to Reboot as a church. Ask Him for wisdom and success as we help people FOLLOW JESUS, LOVE GOD and LOVE PEOPLE.

HALLOWEEN HYGIENE DRIVE FOR RAY OF HOPE!

Hey LifeGroups – here’s an exciting opportunity for your LifeGroup to get involved in a great cause this fall! Our LifeGroups have been challenged to a collection contest by Jon Hill’s LifeGroup to see how much we can gather this fall for our local missions partner, Ray of Hope! (Read more here about Ray of Hope’s Community Centre <https://www.rayofhope.net/need-help/community-support/>)

Here’s the challenge. Between now and October 31st, your LifeGroup will gather the following items for the MarketPlace “store” at Ray of Hope.

Have someone in your group keep a record of the items your collect, then bring the items to Creekside on a Sunday (Oct. 17 or 24) or drop off during weekday office hours.

Involve and Invite! Invite your friends, neighbours and co-workers to get involved with this challenge by telling them about the project. Invite them to participate and make a positive difference in the lives of people in need in our downtown core.

ITEMS LIST

1. regular sized deodorant
2. formula
3. shaving cream
4. razors (men and women’s)
5. diapers (size 3 and up)
6. toothbrushes
7. toothpaste
8. shampoo and conditioner
9. toilet paper
10. towels
11. soap
12. Q-tips
13. Lotion

