



Loving God  
August 8, 2021  
Next Steps

**Opening Prayer:**

God of love, we invite you into this place.

Jesus, we light this candle as a sign of your presence.

Spirit of wisdom and understanding, enlighten us.

We pray that we keep our hearts and minds open to new ideas and that we may grow in our understanding of your ways. Amen.

**Quote:** *Believe me, count as lost each day you have not used in loving God. Brother Lawrence*

**Breaking the Ice:**

What is one spiritual tradition you have or always have wanted to have in your life?

**Wrestling with the Word:**

Read Mark 2:23-28

- Read some of the scriptures concerning Sabbath, Exodus 20:8-11, Isaiah 58:13-14, Mat 12:12, Leviticus 23:3. How does rest honor God?
- In what ways were the rules about Sabbath hindering the Pharisees from loving God? In what ways have you made Sabbath all about rules?
- The Pharisees leaned on rules as an expression of their love for God. What rituals, practices or traditions have we possibly replaced for a loving relationship with God?

**Next Steps:**

- What do you think an ideal Sabbath would look like? What practices would take place?
- What areas in your life do you need to rest from or need to be restored? What are some of the possible results of neglecting taking a Sabbath in our lives?
- Has the way you practiced Sabbath impacted how you experience the love of God? Has your example of Sabbath rest allowed those around you to experience the love of God?

**Prayer for the Week:**

God of Rest, help us to be still enough to know you and love you. Allow us to see how times for rest and slowing down are part of your plan for us. May we not just seek this restoration for ourselves, but instead be advocates that all your children can enjoy in sabbath rest. During this time, may we recommit ourselves to you and to living in a way that leads to new life. In Jesus name, Amen.

