

THE LIFE CHALLENGE

CONNECT

What were Sundays like growing up in your family? Were there any taboo things or unwritten rules about Sabbath?

What ways, if any, do you now observe a Sabbath day?

IDENTITY

In general, how do you feel about exceptions being made for other people and why? Can you think of an example when this feels most annoying to you?

Pastor Jon talked about how **Jesus claims to be the exception**. And in the story example, He offers His followers benefit by association. How does it make you feel when you realize the exception has been made for us to be welcomed into fellowship?

What are the benefits for us, if Jesus really is the True Bread of Life?



According to

Essentialism:

"The word priorities by definition means many, many first things"

THE EXAMEN

We talk a lot about following Jesus, but in our everyday lives, this is difficult. When you think about your priorities (*your many first things*), what do you feel competes with Jesus for top of the list? Why do you think it's so hard for us to make Jesus truly first?

PRACTICE

Do you think we have swung toward not observing Sabbath at all, in reaction to religious attempts to protect or define Sabbath? Why or why not?

If the heart (and Lord) of Sabbath really is Jesus, then what do you think are some ways we can step into this practice as a joy, as we delight in God?

PRAY TOGETHER

We want to take time to listen to and pray for each other. If you are willing, please *briefly* share a need or praise item that your group could pray for. **Then pray!** (*the idea is to spend more time praying than talking*)