

# Suggested discussion questions for

## The Big Church Read

### The Ruthless Elimination of Hurry

#### Session 4: Sabbath (chapter 8, p.143)

1. “Desire is infinite partly because we were made by God, made for God, made to need God, and made to run on God.” Do you relate to this quote from Dallas Willard?
2. Do you practise Sabbath – taking a full day to stop, in order to rest and worship, once a week?
3. Can you imagine the ‘Restfulness’ list on p. 149 describing your life?
4. “The Sabbath was made for man.” Can you hear this as an invitation to you, to rest, to “enter delight”?
5. If you were to ‘expand your list of the spiritual disciplines’ as John Mark does on p. 162 (eating a burrito on the patio, drinking a bottle of wine with your friends...), what would you add?
6. ‘To begin, just set aside a day. Clear your schedule. TURN OFF YOUR PHONE. Say a prayer to invite the Holy Spirit to pastor you into his presence. And then? *Rest and worship*. In whatever way is life giving for your soul.’ Do you think you can do this, this week? Do you want to?

