



Look Back

- Group Check in...everyone share what they remember as their best Fourth of July holiday
- Discuss if your group is open to inviting people to join your small group. Why or why not? If yes, then is there anyone you know of that we can start thinking about asking to join.
- Discuss how the first month of reading Jeremiah together has gone. What things have been “take aways” for you so far?

Look Up

The content of the passage this week is about Sabbath; but it's about more than Sabbath too. Sabbath is never about just taking a day off. Sabbath is about “ceasing”. Sabbath is about stopping doing the things that give you self importance and taking a day to remember that you really are God's. That He's your Provider and Sustainer. Sabbath is about realigning your identity with Christ.

Here's the thing, this not only counter to culture; it's counter to human behavior. We make plans and have schedules to keep. Often those schedules and plans end up ruling us. What do we do when our plans fail? Do you rest, cease and focus on God's sovereignty? It's hard to stop doing my “to do” list long enough to realize that my “to do's” really aren't that important in the grand scheme of things. It's hard to stop putting my identity and value in my plans and choices rather than simply being a child of the Living God.

Before you begin reading our passage from Jeremiah, it might be good to review a few other passages outlining God's view of Sabbath: Exodus 16:22-30, Exodus 20:8-12.

Read Jeremiah 17:19-27.

- What do you learn about God?
- What do you learn about people and yourself?
- What do you find difficult or challenging?

Look Forward

- What “things” or “to do's” do you have a hard time ceasing, even for a day?
- When have you experienced true rest or Sabbath? How did you feel during and after? What part did God play in that?
- What are some practical boundaries you can put into place in your life and week that can allow you to cease adding to your own importance in order to take time to focus on God's care and sovereignty in your life?
- How can we encourage one another (accountability) toward an accurate view of ourselves and God in light of this discussion?

Further reading to see how Jesus views Sabbath: Matt 7:25-34, Matt. 12:1-14, Luke 13:10-17,