

To help us connect with each other while meeting together is limited by the pandemic, we are going to produce simple bible study notes based on our Sunday sermons. They are designed to be used in small groups on Zoom, members of a family or by a couple of friends on the telephone. You will get the most out of them if you have heard the sermon first.

Sermon Date

7th March Mairi Mowbray

Bible Passages

Genesis 2:2-3

Matthew 11:28-30

Theme & Introduction

This is the first of two sermons on Sabbath which is one of the three main supports for a Rule of Life.

Questions

1. Do you agree with the principle of a weekly Sabbath? Do you find it surprising that on the trellis it seems equal in importance to prayer and Bible reading?
2. Be honest, do you keep a Sabbath? Or do you find yourself saying, "I would like to but...". What objections come to mind? Are these just excuses, or real problems that need a creative solution?
3. We often use the phrase Work / Life balance. Reflect on your own situation – are you happy with your work / life balance, or do you need to make some changes?
4. If you do not do paid work, how does this affect your view of how to structure a sabbath?
5. If you are working from home, and having your leisure at home and even worshipping at home, how can you create a meaningful sabbath?
6. What sort of activities could form part of your Sabbath? (You may have to write two sets, one for non-covid times and one adapted for the present conditions.)
7. What new insights struck you as you read the two Bible passages / listened to the talk? How will they change your thinking and practice?