

Small Group Discussion Guide — October 16, 2022

- Series: The Flourishing Soul
 - Sermon: Shabbat Shalom Soul
 - Scripture: Hebrews 4:1-3a, 9-10, Psalm 1:1-3 NIV
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FOLLOW-UP FROM LAST WEEK

Last Sunday, Pete encouraged us to select a Psalm and spend some time meditating over its meaning throughout the week. In those quiet moments, what became apparent or was revealed to you? How does meditating on scripture anchor your soul amidst challenging and confusing times?

CONNECT

1. What stood out to you from this past week's service, and why?
2. Think about ways you enjoy spending your free time. What activity would you describe as "good for the soul" and why?

ENGAGE

Read Hebrews 4:1-3

1. These verses describe a "promised rest" and warn us not to fall short. The writer explains that hearing must be combined with faith. What do you think this means?

Read Hebrews 4:9-10

2. What do you think is meant by the "Sabbath-rest" described in this section of scripture? Is it a physical state, or one characterizing the heart/mind? Both?

APPLY

1. How would you describe this "promised rest" to someone who is not a Christian? Practically speaking, how, as Christians, do we enter into this state of rest? (Examples may be unique to each individual as our souls were uniquely created in how we connect and find rest.) How do we experience this rest when our circumstances or surroundings aren't peaceful or helpful in this regard?
2. A Shabbat Shalom soul can be defined as one that is nourished, contented, integrated and secure/anchored – themes coinciding with our sermon topics in this series, "The Flourishing Soul." Which of those themes spoke most deeply to you - nourished, contented, integrated, anchored? What "soul level" patterns or ideas have you adopted over these past few weeks that are moving you towards a more Shabbat Shalom soul?

PRAYER

Dear Father, thank you for calling us your children, for loving us unconditionally. We know that our soul can find rest in you alone. Help us to lean into your arms and trust you with our whole being. Help us to grow our trust in you as our souls seek to enter this Sabbath rest you call us into. With every breath, may we come closer to you. Just as the song “Goodness of God” says, may we live all our days in the goodness of you. We love you and are grateful to be called yours.

GOING DEEPER

As this sermon is the culmination of our series “The Flourishing Soul,” our focus should be on the fact that our souls find their place “in God” and “through God.” It is essential for us to understand that our souls cannot and will not flourish apart from God. Our soul’s connection to God is dependent on our growing faith. God says in Jer. 29:13, “You will seek me and find me when you seek me with ALL your heart.” It can be understood, then, that our soul will find its ultimate rest when we seek God ultimately. What does it look like to seek the Lord with your WHOLE heart? What things can you begin to do this week that help you move towards wholeheartedly seeking the Lord?

Listen to the song “Gratitude” by Brandon Lake (the last song of the service). Meditate on the words and use these to help position your heart towards Jesus. As Pete said, sometimes we just need to bring our presence. A heart of gratitude can bring us into a place of rest.

ADDITIONAL SCRIPTURE

Read Psalm 1:1-3

QUOTATIONS

“Every Seventh day a miracle comes to pass, the resurrection of the soul, of the soul of man and the soul of all things.” ~Rabbi Abraham Joshua Heschel

“It was more of a slow dawning. I didn’t lose my marriage, or family, or health. I didn’t wallow in pig muck, scavenging for husks and finds. Bit it became clear that if I continued in the way I was heading, I was going to do lasting damage...I learned to keep the sabbath in the crucible of breaking it.” ~Mark Buchanan

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our sabbath. ~Ruth Haley Barton

“You have made us for yourself Lord, and our hearts are restless until they rest in you” ~Augustine