

Week 6: Sabbath

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from Sabbath practice**

1. What was your understanding of the Sabbath before watching the video?
2. Has the Sabbath been part of your current life rhythm?
3. What thoughts and feelings did you have about Sabbath going into this practice?
4. What are the obstacles that get in the way of your practicing Sabbath? Either practically or emotionally?
5. Where are you most tired? Physically? Mentally? Emotionally? Spiritually? What is the greatest drain on your energies?
6. What are the hardest things for you to say no to on the Sabbath?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***

1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?

- ***And then, when your group is ready***

3. Do you have any sin to confess?
4. Is there anything you desire to keep secret?

4. Homework for Week 7

- Watch **Confession** video: “Confess Your Sins” (31:52)
 - <https://thefreshwater.church/2026/01/practice-confession/>
- Practice confession (optional: download companion guide)