



REDEEMER
ANGLICAN CHURCH

FELLOWSHIP GROUP DISCUSSION QUESTIONS

SEASON: Eastertide
SERIES: Rest for the Weary
TEXT: Psalm 92
SERMON: The Song of Rest

1. **Stopping Long Enough to Notice:** What good and beautiful things about God do you easily miss when you're busy? What do you notice about God when you slow down?
2. **Bricks:** If/When you slow down and stop... what kind of not-yet-finished work does your mind automatically go to? What "bricks" do you feel like you still have to make? What do you think would happen if you didn't make them?
3. **Legalism:** Because Sabbath keeping is an embodied act and not a theological belief, you (and everybody else) can tell when you're doing it or not. This opens up sabbath practice to the potential for legalism (doing the right thing for the wrong reason - obeying in body, but not in spirit). What do you think about this? Is this a temptation for you? Why or why not?
4. What kind of person would you like to be later in life? Describe how the weekly habit of sabbath rest might contribute to cultivating virtue over the long haul.