

# *Our 24/7 World & Why We Need 24/6*

*(Sessions 1 & 2)*

1. How can keeping a weekly Stop Day help heal you? Heal families? Heal marriages? Heal congregations?
2. If the definition of rest is figuring out what work means for you—and not doing it—what activities would you like to include on your Sabbath? What activities would you like to eliminate on your Sabbath?
3. Come up with one or two questions as a group to share during Q and A.

# *How We Do 24/6 & Your 24/6 Life*

*(Sessions 3 & 4)*

1. In our 24/7 culture, Sabbath-keeping has to be intentional. How can you be more intentional about Sabbath keeping?
2. How can you encourage your friends and family to keep the Sabbath themselves? How can others support you in your Sabbath-keeping practices?
3. Come up with one or two questions as a group to share during Q and A.



# *Eugene Peterson Interview Discussion*

## *Questions*

1. How does having a pastor who keeps the Sabbath benefit congregations?
2. How can a congregation help its pastor keep the Sabbath?
3. How can pastors help their congregations keep the Sabbath?
4. Come up with one or two group questions that you can share during Q and A.