

Stan
Week 1/3: Sabbath
February 14, 2021

LEADER PREP

GOAL OF SMALL GROUP

For students to understand what the Sabbath is and how they can “remember it and keep it holy.”

SCRIPTURE

Exodus 20:8-11

SERIES THEME

Spiritual Disciplines: In Romans 12:1-2, the Apostle Paul says that true spiritual transformation begins with a renewed mind. Spiritual Disciplines are practical ways we can own and grow our faith through **building spiritual habits. These renew us** continually by God’s Word, which transforms our attitudes and behavior from the inside out.

SERIES OVERVIEW

Some people are fair-weather supporters, **but when we stan someone, we support them with all their heart and never waver** supporting that person through the wins and the losses – whether they win the grammy, Oscar, Golden globe, or not. When you stan, you voice your support online when the person’s new album comes out, drops a new makeup line, when a loved twitch streamer has a brand new collaboration with a big name game developer, or even makes a statement online that can have caused backlash by trolls. **To stan is to be extremely dedicated; you get to a place where you receive great enjoyment about giving it your all. What if we were stans for Jesus?** What if we found joy in giving all our dedication to Jesus all day every day? This month we are going to look at how we can give Jesus our all through fasting, honoring the sabbath, and memorizing Scripture.



CONVERSATION GUIDE

MAIN POINT

Resting in God brings us freedom.

GET THEM TALKING

What are different things that keep you busy?

DISCUSSION QUESTIONS

1. How do you feel when you are super busy; why?
2. What are some things you like to do to rest and relax?

READ EXODUS 20:8-11 and discuss:

3. In your own words, what is God telling His followers to do?
4. Why do you think that is?
5. How can we “remember the Sabbath day and keep it holy?”
6. What are different things you do to “rest” in God? (Listen to worship music, talk and pray to God, etc.)

NEXT STEP

An easy next step for you in living out this command is showing back up next week! We will be here, live and online, and would love for you to join us next Sunday and every Sunday you can!

PRAYER GUIDE

Ask your students to share their prayer requests and close your time together in prayer.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

SCRIPTURE

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

EXODUS 20:8-11 (NIV)

⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”