



DISCIPLE GROUP CURRICULUM CURRICULUM GUIDE

Stand Alone Sermon: Sabbath
December 30, 2021 - January 2, 2022

LEADER NOTES

Coach & Leader Gathering | Saturday January 15, 2022

Go to coe22.com/coachandleader to RSVP yes or no.

End of Fall Trimester – With our fall trimester officially ending on December 12, we're asking ALL group leaders to take a few minutes to give us your feedback and recommit for the spring trimester.

GROUP ANNOUNCEMENTS – *Love God by loving #onemore and one another!*

Vision Sunday | January 6 & 9

We invite you to join us as Pastor Joby shares his vision of where God is leading us in 2022 as we continue to be a movement for all people to discover and deepen a relationship with Jesus Christ. Vision Weekend happens during weekend services Thursday, January 6 and Sunday, January 9 at all of our campuses.

Discover Eleven22 | Sunday January 9 & 16

God created us for community. We invite you to take a next step of faith by joining us for Discover Eleven22 to learn about ways to deepen your relationship with Jesus and get connected to the faith family. Learn more at coe22.com/discover.

New End of Year Giving Statements | coe22.com/give

We respond to the gospel by bringing our first and best because God gave His first and best in Jesus. If you are looking for your end of year generosity statement or want to learn more about generosity at Eleven22 and how can join your church family in responding to the gospel, please visit coe22.com/give.

THIS WEEK'S READING PLAN: coe22.com/readingplan

Sunday – Psalm 103:2-4; Isaiah 53:5

Monday – Isaiah 55:10-11

Tuesday – Galatians 6:8-9; Psalm 27:12-14

Wednesday – Psalm 91

Thursday – Habakkuk 2:14, 18-20

Friday – Exodus 20:3-6; Revelation 15:4

Saturday – John 4:23-24

RELATIONAL CONNECT & CHECK-IN:

WHAT'S HAPPENING IN YOUR LIFE: *(Learn about, encourage and pray for one another.)*

- How was your Christmas and New Year's holidays? What was different this year?
- What are you looking forward to this year?

Stand Alone – Sabbath

The Point: The Sabbath ultimately points us to Jesus.

SERMON TEXT: Matthew 12:1-8

Discussion Questions

DISCOVER

Have someone read Matthew 12:1-8

1. **What does it mean to remember the Sabbath and why did God make it one of the ten commandments?** *(Pastor Adam pointed out the Sabbath is the 4th of 10 commandments. It's a reflection of God's good character that rest is in the top 10 things that God commands. The Sabbath is for us and about God, for rest and refreshment, and a reflection of how life's rhythm rooted works best when we submit to God's created order).*
2. **How does the Sabbath ultimately point us to Jesus?** *(Jesus is the Lord of Sabbath and invites us into himself to find rest in Matthew 11:28-30. When we rest and stop our work, we demonstrate our faith through our actions that our salvation is finally and fully secured for us in Jesus. Maintaining a rhythm of rest helps us live in a counter-cultural way which makes believers stand out and allows us to point others to the Gospel.)*
3. **How does your life look different when you operate from a "position of rest" verses when you operate while "trying to earn rest"?** *(The sabbath was ultimately to point people to Jesus. God wants us to see Jesus as the source of rest and ultimate provider of rest in this world.)*
4. **In order to rest, you have to rest FROM something. What do you find in your life is most difficult to rest from and why?** *(Answers may vary – Work, kids, grief, holidays, applause of man, lust of eyes or flesh are some examples. Leaders: Follow up with "why".)*

DEEPEN

In light of what we have discovered through God's word and discussed above, let's go deeper and discuss how God's word applies to us and our lives.

5. **As a group go verse by verse through Matthew 11:28 – 30 and discuss what Jesus wants us to know and ultimately do.** *(Jesus starts with an invitation to ALL, similar to the "Follow Me" statements he makes throughout the Gospels. Jesus' invitation is for everyone that is striving to create self-worth and self-righteousness through their own works. Ultimately Jesus wants our hearts to be surrendered to Him!)*

6. Part of living in Sabbath rhythms is the weekly opportunity to remind yourself that God saved you and has set you free. Reflect on this truth and share how God has saved you and set you free. (Answers may vary – rest is needed for our hearts, souls, minds and strength.)

ACTION STEPS

A Disciple...Loves All People, Discovers Identity in Jesus, Deepens Relationship with Jesus.

This Week: Sabbath from all work for a day.

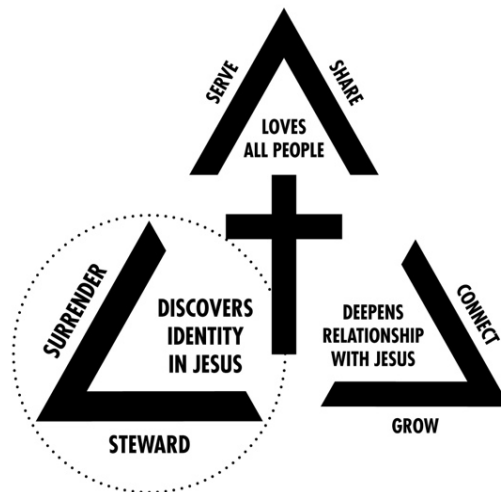
Take a Next Step: Set aside time this week to practice Sabbath rest and consider the following:

- Where do you feel hurried, stressed and busy?
- Why do you feel like you can't stop and rest one day out of the week?
- How can you make Sabbath rest a weekly discipline?
- Who will hold you accountable?

Additional Resources:

- **Topical Resources:** Learn more about an area of your life where God wants to transform into His likeness at coe22.com/resources (Marriage, Spiritual Disciplines, Gospel & Race, Generosity, etc.)
- **What is Sabbath (video):** Watch this [overview of Sabbath](#) from Bible Project.
- **RightNow Media:** Find Sabbath resources and more by signing up for a FREE RightNow Media account. Go to coe22.com/rightnowmedia or text "RightNow 1122" to 41411

(Note: You'll need to login or create an account in order to view RightNow Media content)



Go to coe22.com/resources and click "**Download Tool**" to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share link and directions with others in your group.