



# LEADER GUIDE

## LENTEN SMALL GROUP STUDY

### 6-WEEKS LEADING UP TO EASTER

#### Week 2

Sunday, February 25

Title: Sabbath

Scripture: Exodus 20:8-11

Action: Rest!

Prayer Practice: Centering Prayer

#### Preparation for small group gathering: watch sermon from February 25

Welcome to the Group: (15 minutes) Check in with your group. Go around the room and name one place or moment where they saw God at work in their lives.

Have your group share their experience of using the Prayer of Examen this past week.

Opening Prayer: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen. (*Book of Common Prayer*)

Opening Video: Keeping the Sabbath. (2 min) Press Pause on the video after Pastor Angie's introduction and questions.

Group Discussion: (20 minutes)

1. Read Exodus 20:8-11 with your group
2. Discuss your previous understanding of Sabbath. Have you been able to honor the Sabbath?
3. Although you long for Sabbath rest, what are the obstacles that get in your way? How could they be removed?
4. How might ceasing from work one day a week reshape your work and attitudes on the other 6?
5. In addition to resting from work, how could you rest from worry, anger and even grief?
6. What are some other examples of resting we could consider? Rest from spending, technology, or social media?
7. How does keeping the Sabbath draw us closer to God?

Video: Pastor Angie presents the Action. (4 minutes)

Questions: (9 minutes)

1. How did this feel?
2. Did you have any insights that you'd like to share?

Hand out the Centering Prayer card to the group. The group may consider filling out the prayer card as a group activity.

Encourage your group to use these cards in their prayer time each day this week.

Prayer Time: (10 minutes) Introduce prayer as a community practice. Use whatever method you prefer, or use the example below. Invite the group to go around the table and each person offer up a prayer for the week.

Say to group: This is the time where we are able to share the joys and concerns that are on our hearts. It is our honor and privilege as a group to hold each other in prayer throughout the week. Please take notes during this time of sharing so that you may be praying for each other throughout the week.

Closing prayer: Gracious and loving God. We praise you for your kindness, mercy and love. Your care for us goes beyond our understanding. Help us, we pray, to take the time that you have given us to rest, knowing that you have all things in your hands. Help us to focus on you. Bring us back when we wander. Keep us mindful of your ever abiding presence. God, we praise you for bringing us together. Today, we lift our joys and concerns up to you. We ask that you care for each of us, our families, our church, and our community throughout this week. Be with us until we gather again. In your son's name we pray. Amen.



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