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Breathe
making room for sabbath

Viewer Guides with Answers. *Breathe* Bible Study.
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SESSION 1: VIEWER GUIDE

Are we so comfortable with exhaustion that we can't even enjoy a break when it's thrust upon us?

We excuse the things we are enslaved to.

Because anything we've been given to enjoy outside of the boundaries in which it was designed to flourish will cause ...

chaos

catastrophe

destruction

disaster

in our lives.

God's boundaries are gifts.

In Deuteronomy 5:6-21, Moses reviews the 10 Commandments.

The Sabbath was a gift.

Word for Sabbath in Hebrew is Shabbat, it means
to cease, to stop, to pause,
to come to an end.

The Sabbath was a guard against the children of Israel becoming
enslaved again.

SESSION 1: GROUP QUESTIONS

- * If you'd been interviewed for the newspaper article, how would you have responded to the reporter's question?
- * Did any good gifts that have begun to have too much control over you come to mind while you were listening?
- * How do you see evidence that these things or people have too much control in your life?
- * How do you normally respond to the boundaries your friends establish in their lives? Do you support the boundaries or find yourself being frustrated with them?
- * God gave the Sabbath to Israel as a gift for which they should have been grateful. In what ways does the thought of having margin and boundaries in your life feel like a gift from God? In what ways does it feel like bondage?

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SESSION 2: VIEWER GUIDE

They had never been told not to work

SABBATH PRINCIPLES

I. Resist the urge to continue.

Two Boundaries for Receiving Manna:

1. Gather every day for six days, but on the seventh don't
gather.

2. Gather enough for each day; do not keep leftovers for the next day.

SESSION 2: GROUP QUESTIONS

- * The Israelites were told to resist the urge to work because, as a people group, work was their specific compulsion. Other than work, what do you see as the main obsessions of the people in your sphere of influence?

- * What are the positives and negatives of the technological age? How is the broadening of technology supporting workaholism?

- * Resisting the flesh is the key to spiritual victory. Consider Galatians 5:16-23 and discuss what it looks like to be led by the Spirit.

- * What are practical ways to resist the flesh?

- * In what ways do you most clearly see that the enjoyment of life is being squeezed out by excess?

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SESSION 3: VIEWER GUIDE

SABBATH PRINCIPLES

I. Resist the urge to continue.

II. Remember what you used to be.

Refuse to overdo.

SESSION 3: GROUP QUESTIONS

- * As a group, discuss the things in your life that were most difficult to put margin around last week.

- * Were there any specific principles from your Bible study on the Sabbath that helped?

- * Recall a time when you implemented margin in your life, despite a concern that there was still more to be accomplished, and saw a “double portion” of God’s blessing.

- * What is a scarcity mentality? In what areas of your life do you struggle with the fear of not having/being enough?

- * Is there anyone in the group who can share a testimony of God’s freedom in their lives? How has their perspective changed since then?

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SESSION 4: VIEWER GUIDE

SABBATH PRINCIPLES

- I. Resist the urge to continue.
- II. Remember what you used to be.
- III. Recall what God has accomplished on your behalf.

Rhema word: When the Holy Spirit takes a general message and applies it specifically to your life.

The Sabbath first comes up in the creation story.



SESSION 4: GROUP QUESTIONS

- * Define *God's sovereignty*. How can a firm belief in it reframe your perspective on your current circumstances and upcoming decisions?

- * In week 1, we discussed how God actually created Sabbath rest on the seventh day. Discuss any connections you may detect between that principle and the concept you learned today—that God made a declaration of His sovereignty on the seventh day.

- * As a way to build each other's faith and encourage those who might be discouraged, take time to recall what the Lord has done on your behalf this week. How have you seen His presence, power, and activity in your circumstances recently?

- * What are some other creative ways that you might be able to incorporate and apply the "14 Challenge" into your life?

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SESSION 5: VIEWER GUIDE

- * How might considering the Sabbath a “delight” lead to or enhance delighting in the Lord?
- * How do you think neglecting the Sabbath might invite the growth of other sin in our lives? How might honoring Sabbath margin encourage the growth of righteousness in other areas of life?
- * What part do you think pride plays in your struggle with the areas you’ve identified as potentially overwhelming? (p. 105)
- * How did you rewrite the sentence, “Chronic overloading is not a spiritual prerequisite for authentic Christianity”? What insights did you have from that statement?
- * What big ideas do you plan to take away from this study?

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