

## Small Group Discussion Guide: *First in Our Time*

Based on the Sermon by Pastor Darcy Siggelkow, Calvary Temple, January 5, 2025

### Icebreaker Question (choose one)

- What is the best (or worst) time saving 'life hack' you have ever tried?
  - What is one thing you enjoy doing when you have free time to rest or recharge?
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## Discussion Questions

### 1. The Importance of our Physical Bodies.

- Pastor Darcy shared that "you are supposed to get tired" as part of God's design.
  - Why do you think rest is so often overlooked or undervalued in today's culture?
- Sam Allberry: "In the Bible, it's not just that you have a body, you are a body"
  - Read **I Thessalonians 5:23**. Which aspect of your humanity have you do you tend to focus on or prioritize?
  - How does a holistic view of yourself as an 'embodied creature' change your perspective of what it means to be human?
- Think about your expectations for eternity and heaven.
  - How does Pastor Darcy's thought that "Jesus Christ came in a body so that he can redeem (and resurrect) your body, not just save your soul" reshape your understanding of our hope for the future?

### 2. The Purpose of Sabbath.

- Read **Exodus 16:23, 29** and reflect on the story of God providing manna for the children of Israel in the wilderness.
  - How does the context of God's deliverance of the Israelites from slavery impact your understanding of the Sabbath as a gift from God?
  - What does this passage reveal about God's intention for Sabbath rest?
- Read **Mark 2:27-28** and think about your experience with Sabbath keeping.
  - Has your understanding of a day of rest been shaped by legalistic expectations of the sabbath? If so, how?
  - Do you feel that you put enough emphasis on setting aside one day a week for rest and worship? What could it mean for you to stop your regular work for a full day each week and be more intentional to set apart a day for the Lord?

- Pastor Darcy suggests that God’s purpose in the gift of the Sabbath is to help be us live in a way that integrates our spirit, soul, and body.
  - How does celebrating the Sabbath help you be more fully human?
- Which of the following areas does the practice of Sabbath help you with the most in your spiritual development?

**a. Identity Beyond Work – You are not what you do.**

- How can we remind ourselves that our identity is not based on what we do, but on who we are in God?

**b. Trust in God’s Provision – God will take care of you.**

- Read **Psalm 127:2**. How do you balance trusting God to provide with working hard?
- Have you experienced a time when you rested and saw God take care of something for you?

**c. Making Space for God**

- How does understanding the Sabbath as a gift help us create space for God in our busy lives?
- What practical steps can you take this week to set aside time for rest and reconnecting with God?

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## **Application and Prayer**

### **Application Challenge:**

- What practical steps can you take this week to set aside time for rest and reconnecting with God?
- Identify one habit or activity in your life that prevents you from resting or seeking God first. Commit to making a small change this week to create space for God.

### **Group Prayer:**

- Spend time praying for each other to experience God’s rest and provision in their lives. Pray for wisdom to prioritize time with God and trust Him with your schedules and responsibilities.