

## Questions for Individuals and Small Groups

- What do you think a sabbath day looks like today?
- When was the last time you had a sabbath day and when will your next one be?
- How would you feel about having a day in which you did not use your phone or tablet or access the internet?
- How have the last few months been for you in terms of work-life balance? What might you want to change/keep going forward?
- Mark Scarlata writes: *'The sabbath-rhythm is a weekly pause and interruption to our daily work that we might recognise the beauty of God's kingdom in our midst.'* What do you think about this statement?