

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

November 21, 2021 | The Ten Commandments-Pt.1

### EAT TOGETHER | Showing up regularly to share life and build relationships

1. With Advent around the corner, if there are families with children in your group, encourage them to sign up for our [Family Advent Kits](#) to spiritually invest in our families this Christmas season.
2. Consider how your group could celebrate Christmas together. Although Covid safety precautions and protocols must be followed, brainstorm some creative ways to have a Christmas social and/or gift exchange and/or contribute to a community project together this December.

### PRAY TOGETHER | Joining in on conversations of life and faith

1. How was Sunday treated in your household growing up? Like any other day? Was it the “Lord’s Day”? Was it like a “second Saturday”?
2. [Read Exodus 20:8-11](#). What did you learn about Sabbath in this week’s message? What was the point of this command for the people of Israel? What does verse 11 tell us about the character of God?
3. [Read Mark 2:23-27](#). What does this episode in Jesus’s life, summarized by his statement in verse 27, teach us about this commandment? What might this teach us about trying to be super religious or legalistic about the Sabbath?
4. How rested do you feel these days? Where are you on the spectrum of “well-rested to burnt out”? How is this affecting your ability to love God and the people around you?

### LOVE TOGETHER | Being real to care and make a difference

1. What parts of Sabbath would you love to add to your weekly rhythm? How could you start implementing and practicing this? What planning and preparation is required?
2. What could help make Sabbath a spiritual practice for you? What might help you use a Sabbath day to grow in your love for God and others?
3. How could you start designating a Sabbath, reassigning other responsibilities, embracing rest and refreshment, and filling a day with what fills you? How can you encourage one another in this process? Try using our [Sabbath Planning Guide](#) as a helpful tool