

Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1 – Read Genesis 1:1-2:3

- a) What do you notice about God in how He created the world?
- b) What does this teach us about God's design and desire for humanity?
- c) How have you experienced the rhythm of work and rest in your life? What happens when you get out of balance?

Point #2 – Exodus 16:13-30 & Exodus 20:1-11

- a) What do you notice about God's power, provision and grace through these stories?
- b) Why do you think the Sabbath was so important to God's plan for our lives?
- c) How do you prevent the blessings of God from becoming burdens in your life?

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Genesis 1:1-2:3

- We see God creating humanity in His image and God giving them dominion (or rule) over creation. How does this reality impact your view of work? How does it impact your view of how we are to care for the earth?
- We see God specifically bless 3 things: animals, humanity, and a day. What does each blessing mean for your life?

TUESDAY // Read Exodus 16:1-30

- In these verses, we see the Israelites struggle to trust God to provide. Where in your life do we need to continue trusting in Him, even when you can't see fully see His plan and provision?
- What do you notice about how God responds to their lack of faith? What does that teach you about God?
- Where have you seen God provide in remarkable ways in your life?

WEDNESDAY // Read Exodus 20:1-17

- Why do you think God begins by reminding them that He brought them out of slavery in Egypt? Is this an important part of your faith?
- How do you mark and remember the ways in which God has rescued you?
- Why do you think God gave these specific commandments to His people? What is the heart behind it?
- What does it mean to remember the Sabbath by keeping it holy? How are those two ideas connected?

THURSDAY // Read Mark 2:23-3:6

- How do you see Jesus seeking to redeem the heart of Sabbath?
- Why do you think Jesus chose to heal on the Sabbath?
- What does Jesus mean when He says 'The Sabbath was made for man, not man for the Sabbath'?
- What were the religious leaders getting wrong about the Sabbath? In what ways can we struggle similarly?

FRIDAY // Review the passages for the week

- What did you feel God was saying to you this week?
- What would it look like for you to enter into a space of rest this week? What is preventing you from it?

SATURDAY // Take time today to step into the blessing of rest

MEDITATION VERSE: *Remember the Sabbath day by keeping it holy.*

Exodus 20:8