

GET TO KNOW ONE ANOTHER

What's your ideal day off?

PRAYER

Spend some time in prayer for each other.

HELPFUL BACKGROUND

Sabbath Year (vv. 10–11)

Every seventh year, Israel was to let their land “lie fallow.” This wasn’t just agricultural wisdom, it was an act of trust. God promised provision while they stopped striving, and the rest benefited the poor and even the animals.

Sabbath Day (vv. 12–13)

The weekly Sabbath was a recurring day of rest for everyone including landowners, servants, foreigners, and even livestock. It emphasized dignity, refreshment, and dependence on God rather than endless production.

The Three Feasts (vv. 14–17)

Israel was commanded to celebrate three annual festivals: Unleavened Bread (Passover), Harvest (Weeks), and Ingathering (Booths). These feasts marked God’s salvation and provision and required intentional, calendar-shaping worship.

KEY OBSERVATION QUESTIONS

Read Exodus 23:10-20

1. What patterns do you notice in the passage about time (days, years, annual feasts)?
2. Who benefits from the Sabbath commands in verses 10–12?
3. What reasons does God give for these rhythms of rest and celebration?
4. What instructions are repeated or emphasized regarding the feasts?

SPIRITUAL GROWTH

What does this passage teach you about God’s design for work and rest?

How does this text challenge our ideas around productivity and faithfulness?

How does your current schedule reflect what you truly trust?

Where might fear of losing income, opportunity, momentum, or control be shaping your decisions more than trust in God?

What would this week look like to practice a regular rhythm of rest that refreshes you and honors God? How about this year?

What steps can you take to cultivate a culture of healthy limits in your home, workplace, or church?

Where might you feel stuck when it comes to practicing Sabbath rest? What does repentance look like?

ACCOUNTABILITY Q&A

How are you feeding your soul?

How are you feeding your flesh?

How are you feeding others?

GET INVOLVED!

God gives each of us a gift to build his church! Join one of our ministry teams or mission partners! Email Jodi@trinitybible.org for more info and next steps.