

Lesson 1
The Sabbath Paradox**REFLECTION GUIDE****Welcome**

We're so glad you're here! This guide is designed to help you engage more deeply with The Candler Foundry's on-demand content—whether you're learning solo, facilitating a small group, or joining a community conversation.

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

Questions

- Calling to mind the ancient Greek myth of Sisyphus, what are the “boulders” that you have to roll up the hill day after day?
- In what ways has the pace of your life become “absurd” in the Latin sense of the term – that is, deaf or out of tune with your own emotional and spiritual health and/or the needs of your neighbors?
- Has there been a season in your life in which you have experimented with observing sabbath? If so, what was that experience like?
- Of the first three reasons named for why we tend not to take the sabbath seriously despite our exhaustion, which most rings true for you?
- The lesson discussed a study published in the Harvard Business Review that revealed that people see busyness as a sign of social importance. Describe something else that you have experienced – an encounter at work, something you saw on social media or a commercial, a lesson from growing up – that reflects a similar message.
- What is a question you have about the biblical idea of sabbath that you hope this course answers?

[View our welcome video!](#)