

Here are some questions to help participants begin to think about Sabbath and to help them focus on the areas in their lives that have drawn them away from Sabbath.

These can be answered aloud, silently or participants can be given a time to reflect and journal about them.

How do you define Sabbath?

What does Sabbath mean to young adults today?

How can Sabbath be relevant to young adults?

Think about a time when you've been tired (emotionally, physically, mentally, spiritually). Reconnect with that place. Sometimes it's hard to imagine Sabbath, let alone create space to practice and embrace it as a lifestyle. What is preventing you from reconnecting with Sabbath in your life today?

What things do you take up or set aside during Sabbath?

Thinking about this time you will spend in Sabbath, what are some things you are looking forward to while you are here?

What do you need to do for the weekend to allow God's Spirit in for Sabbath?