

Dear small group leaders,

Thank you for leading a sabbath study group. Below are some notes to help you with this sabbath study. Please email Pastor Joella at jr224@calvin.edu if you have any questions or concerns.

- Take turns reading the text portions of each study guide with your group members. Each person can read a line or one person read a paragraph to work through the reading portions. If there is a section you think your group would benefit from just listening, you read it aloud and invite them to simply listen.
- For “discussion questions” – you are free to choose a few of them. You do not have to do all of them.
- Make sure to get to the “Practice” section of the discussion questions each week. That’s the practice for your group members to propel them into observing sabbath in their week ahead.
 - For each **PRACTICE** section, ask your group mates to write down their weekly sabbath joy commitment and to keep that strip of paper with them through the week. You will refer to it when you gather again the next week each week.
- Each week has the option of a video to watch. Read through the guide each week and watch the video beforehand to see if you would like to include it for your discussion. Videos are 4-8 mins. The first week’s is 16 min.
- Have the study guide available for participants – have people share if using printed copies.
- We have done this study before – in spring 2015. The videos were made then, but are still relevant. You may wonder why some of your leaders look a bit different—it’s from when we first did a sabbath spring study in 2015; the essence of what they say is still true and relevant today as it was then.

Thanks again for leading, and blessings on your semester!

Pastor Joella
Associate Chaplain of Upper class students