




# INSTRUCTIONS

## 1. INTRO (CA. 5 MIN)

A question that helps you to tune into the subject of the lunch. Have a round so everyone can answer.

## 2. BIBLE (CA. 20 MIN)

Read the text out loud once and give everyone time to read for themselves. Use the questions from these three categories to make a conversation.

-  See: What does the text say?
-  Think: What does the author want to tell their readers? How would the first readers understand this?
-  Live: What does the text mean to us today?

## 3. PRAY (CA. 5 MIN)

Remember that we are different. Some are used to pray out loud, others like to pray in quietness. At the same time this group is a good arena to try out new things. When you pray the prayer of the gathering you can also pray for each other and co-students.

### CHALLENGE (CA. 2 MIN)

The challenge of the week is not an exam, but a voluntary practice. Try it out and see what happens!

# INTRODUCTION

## WHAT




A conversation guide that brings the faith conversation right into daily life.

## WHO

Students in the midst of reality.

## VISION

A faith that is embodied in life.

-  2-5 people
-  30 minutes
-  6-10 lunches

Find more lagslunches and register your group at [nkss.no/lagslunsj](https://nkss.no/lagslunsj).



Norges Kristelige Student- og Skoleungdomslag  
Holbergs plass 4, 0166 Oslo | [post@nkss.no](mailto:post@nkss.no)

# LAGSLUNCH



*Even before we self-imposed fast and busy way of living, God established a marker, a peaceful place in time to remind us to get a break and reconnect with Him. This day represents an opportunity to stop and deliberately enjoy life; a day to be and not to do, a day for rejoicing, a day to appreciate the gift of grass, air, wildlife, music, food, friendship and, most of all, the Creator of every good gift.*

*This is not a one-time invitation that expired with the exile from Eden. Sabbath rest is an invitation to practice for eternity. God knitted the Sabbath rest into the very fabric of time. There would always be the invitation, again and again, to an intentional, restful celebration of Creation every seventh day. A perpetual date with God.*

## 1 DEDICATED AND SET ASIDE

*Lack of sleep, exhaustion and physical overexertion are real. God created a space in time to restore us even before we became busy.*

**Intro** Are you tired? Is it possible that you are too busy?

**Read** Genesis 2:1-3; Exodus 20:11.

**SEE** What do the texts say about the 7<sup>th</sup> day?

**THINK** Was God tired from creating? Why would He set aside a day of rest before humans felt tiredness, even before sin?

**LIVE** What does it mean to have something blessed and made holy? How should we relate to holy matters?

**Pray** Thank God for He knew us before He created us. We ask for His help to realize the intentions He had for us. We want to live according to His intentions for humankind.

*Create a good routine during the week so you can welcome the Sabbath - ready to rest and be restored.*

## 2 REST GIVER

*Jesus knows what we are going through, and, yes, He can give us rest from whatever we are experiencing—that is, if we let Him.*

**Intro** Has a person you know been so stubborn, refusing to do something that you knew would benefit them? How did you feel?

**Read** John 1:1-3; Matthew 11:28-30; Galatians 5:1.

**SEE** Why does Jesus command us to take His yoke right after He has invited us to give Him our burdens and find true rest?

**THINK** Why is living a life of obedience to God's law a life of more restfulness than life in which we disobey Him?

**LIVE** How can you learn to give your burdens to Jesus and experience the rest He offers at so great a cost to Himself?

**Pray** Thank the Creator for helping us with our daily burdens. Thank Him for creating a place in time on which we can count on always.

*Help a non-Christian friend by carrying their burden. Share with them what Sabbath means to you.*

## 3 REST FOR ALL

*It's easy to get cosy and enjoy the blessings. Jesus teaches us to share his gifts, and today we will see how far the influence of the Sabbath reaches.*

**Intro** How far do you think your sphere of influence reaches? What do you think falls under your responsibility outside of school/work?

**Read** Luke 13:15; Psalm 145:9; Genesis 9:12,17; Exodus 20:8-11.

**SEE** Who should partake in the Sabbath?

**THINK** Do we as Christians have a responsibility to extend grace and rest to others? Who is to be included in this weekly rest?

**LIVE** How can we apply the principles of spiritual, environmental, and social sustainability embedded in the Sabbath observance?

**Pray** Thank God for helping us share the principles of rest both to people, nature and animals that are a part of our responsibility.

*Be mindful and try noticing how your activity affects others, directly and indirectly during the Sabbath.*

## 4 JESUS AND THE SABBATH

*As a Creator, He gave us the Sabbath. Today we'll see how He and the disciples related to Sabbath during their ministry.*

**Intro** Is Jesus the only person you look up to? Why?

**Read** Luke 4:16; 4:31; 6:6-11; 13:10-17; 14:1-6; Acts 13:42-44; 16:13; 17:2-4; 18:1-4.

**SEE** When did Christ and His disciples customarily gather to teach and worship? What usually happened during these Sabbaths?

**THINK** Why was Sabbath so special to them?

**LIVE** How can you observe the Sabbath in the same way?

**Pray** Thank God that we have been given an example of how to honour Him on the Sabbath day. Thank Him that we can do good work and help others rest from the consequences of sin.

*Gather a couple of friends this Sabbath to study a passage that interests you. Share your thoughts and if possible, sing a song together.*

## 5 GET READY TO REST

*God does not make a comprehensive list of "dos and don'ts" for us to follow. Instead, He gives us principles and the Spirit to guide our actions.*

**Intro** What helps you prepare for a vacation or holiday best?

**Read** Luke 23:54; Leviticus 23:3; Exodus 16:23; Jeremiah 17:21-22; Isaiah 58:13-14.

**SEE** Why is it important to God that we keep the Sabbath holy?

**THINK** How were the people in Isaiah 58 instructed to enjoy the Sabbath in its fullness?

**LIVE** What can we do to prepare for the Sabbath in advance? What work can we finish during the week in order to fully welcome the Sabbath?

**Pray** Thank God for showing you how to rest in a way that honours Him and benefits your well-being and the people around you.

*Finish all important school/work tasks beforehand, prepare the food so that this Sabbath may truly be a special, worry and work-free day.*

## 6 SABBATH IN THE 21<sup>ST</sup> CENTURY

*The world we live in is increasingly demanding. We are challenged to make daily compromises to fit in.*

**Intro** Has being a follower of Christ ever cost something? What did you have to give away to live a dedicated Christian life?

**Read** Psalm 19:7-8; Romans 7:12; 1 John 5:1-5; Revelation 12:17.

**SEE** Why would Satan be angry at people who are doing God's will?

**THINK** Should we be afraid? Is that a good excuse not to serve God? What challenges do you think you might face when keeping the Sabbath holy?

**LIVE** What can help us stay firm in our decision to honour God in everything that we do?

**Pray** Thank God for strengthening you in your decision to follow Him and for providing a company that loves to serve Him as you do.

*Is it possible to serve God and your country while observing the Sabbath? Watch Mel Gibson's "Hacksaw Ridge".*

## 7 SABBATH AND BEYOND

*The Creator extends His invite to rest to all generations continuously. He has knitted this call for rest in the weekly cycle for the whole universe to follow.*

**Intro** Does God's law of love have an expiration date?

**Read** Luke 16:17; Isaiah 66:23; Hebrews 4:9-11; John 14:15.

**SEE** Why will we keep the Sabbath for the rest of eternity?

**THINK** Why is it good news that God's law is consistent and enduring for all generations that were and that are to come?

**LIVE** What is preventing us from obtaining full blessings of God's presence through His Sabbaths now? What can help us in keeping the Sabbath holy starting this week?

**Pray** Thank God for giving us the Sabbath to tune us to the rhythm of heaven. Praise the Lord because we can meet up with Him and our celestial family weekly and share His blessings with others. Exalt God for we have been given a gift of rest.

*Make a decision to keep the Sabbath holy.*

## SABBATH IN PRACTICE

*Consider incorporating this example in your routine and/or add other activities that will enrich the Sabbath experience. Remember that Jesus should be at the centre.*

**Anticipate** Finish your daily work and mundane tasks before the Sabbath starts. Clean up your house, wash your clothes/car and prepare healthy, nourishing food you will have for the next day.

**Welcome** Gather with your family and friends and welcome the Sabbath by lighting candles, reading the Bible, praising and praying.

**Worship** Attend or organize a worship service. Carefully choose an atmosphere (media, content, people, conversations etc.) that will turn your mind towards Christ throughout the day.

**Activate** Share the blessing of the Sabbath with others! Share food on the street, sing in an elderly home etc., or become a volunteer at a charitable organization to serve your neighbours.

**Rest** Don't forget to s l o w d o w n , relax, and renew your mental and physical energy. Spending time in nature brings us closer to its Creator and resets our pace.

**Close** Summarise the impressions that will keep you inspired during the week. Conclude the Sabbath in a similar way you started it.