
Practicing Sabbath

REV. JOSH DESCH
NEPC SERMON SERIES
SUNDAY, JANUARY 21, 2024

Sermon Title: “Practicing Sabbath: Feasting”

(#3 in the Sermon Series)

Scripture text: Nehemiah 8:1-3, 9-12

Main Points:

1. The Bible is pro feasting and pro _____
2. Biblical feasting involves both joy and _____
3. Treat Sunday the way people treat _____



Questions:

1. **Ice Breaker Question** – What is your perfect meal? You must include an appetizer, a main dish, two sides and a dessert. There must not be any judging of people’s answers within the group. Any judging should be reported to the pastors.
2. **Transition Question** – Do you think of Sunday as a special day in regards to food?
3. **Observation Question** – What is surprising about Nehemiah’s words to the people after the reading of the law?
4. **Interpretation Question** – What role did festivals play in the life of God’s people in the OT?
5. **Reflection Question** – Do you struggle more with over-indulgence or asceticism?
6. **Application Question** – How can you incorporate fasting and feasting into your daily life?