



Discussion Guide for “Love God with All Your Soul” [w]hole Week 2

We are bad at drawing healthy boundaries. We give and give and give until we have nothing left to offer anyone. Neither God nor our neighbors get our best. The practice of Sabbath helps us learn to say No, to live within the healthy boundaries God created us for.

Scriptures for Further Reading

[Mark 12:28-31](#)

[Genesis 1:1-2:4](#)

[Exodus 18:13-18](#)

[Mark 2:23-28](#)

[Acts 6:1-7](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, [here is a simple step-by-step guide](#). This week’s passage is [Acts 6:1-7](#).

Questions for Discussion

1. Are you good at drawing boundaries? Why do so many people struggle with healthy boundaries?
2. The creation story in Genesis 1 is all about boundaries. Why are boundaries essential to creation? How do clear boundaries enable flourishing?
3. Jethro told Moses his actions were “not good”. How were Moses’ actions counter to God’s creative purposes?
4. How does the practice of Sabbath teach us to draw healthy boundaries?
5. What does it look like for you to love God with your whole Self this week?