

# Saint Talks

## Group Discussion

Season 3  
Session 3

### The Athlete's Sabbath: Finding Spiritual Rest and Renewal

**Objective:**

To explore the importance of incorporating Sabbath principles into the lives of athletes, understanding how intentional rest and renewal can impact performance, well-being, and overall spiritual connection.

|                             |  |
|-----------------------------|--|
| <b>Opening Prayer:</b>      | Heavenly Father, as athletes who strive for excellence, we acknowledge the importance of rest and renewal in our journey. Guide us, now, as we explore the significance of incorporating Sabbath principles into our lives. Amen.  |
| <b>Biblical Reflection:</b> | Read Mark 2:27-28 and reflect on Jesus' teaching about the Sabbath being made for humanity, understanding its relevance to athletes and the importance of prioritizing rest and spiritual renewal.   |
| <b>Discussion:</b>          | <ul style="list-style-type: none"> <li>● Share personal experiences of the challenges athletes face in finding time for rest and spiritual renewal amidst demanding schedules and competitions.</li> <li>● Discuss the physical, mental, and spiritual benefits of observing regular periods of rest and renewal in the context of athletics.</li> <li>● Discuss how athletes can honor Sabbath principles, such as setting aside time for rest, reflection, and worship without becoming slothful or having the guilt of feeling lazy.</li> </ul>   |
| <b>Application:</b>         | <ul style="list-style-type: none"> <li>● Reflect on your current approach to rest and renewal as an athlete. Are there areas where you can integrate Sabbath principles to enhance your well-being and performance?</li> <li>● Consider the importance of regular participation in Sunday worship. Commit to prioritizing intentional worship to honor Our Lord and Sabbath principles.</li> <li>● Identify specific practices you can incorporate into your routine, such as scheduling rest days, engaging in mindfulness exercises, or participating in group discussions like this.</li> </ul> |
| <b>Closing Prayer:</b>      | <p>Lord God, we thank You for the gift of rest and renewal, especially in the midst of our athletic pursuits. Help us to honor You by incorporating Sabbath principles into our lives, trusting these will strengthen us both spiritually and athletically.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>   |