

THIS WEEK THINK ABOUT...

Why God wants rest to be part of our weekly rhythms.

What struggles you experience in a week because you are restless.

PRAYER

Father God, thank you for the salvation I have received because of the work you have done. Help me to trust in you and find rest from the burdens I experience.

LIFE TOGETHER QUESTIONS

What do your daily and weekly rhythms of rest look like? Talk about the time you spend sleeping, working, self-care, and leisure.

When God commanded Sabbath, he made it a community experience. How can others help you experience Sabbath rest?

Are you over-committed What do you have to say no to?

THE CORE SPIRITUAL ISSUE IN STOPPING REVOLVES AROUND TRUST.



WEEK 3

REST

VIDEO RECAP

Small Group starter videos can be found on the Christ Church website under small group resources.

SERMON RECAP

What Rest Is

Our Salvation is Rest

Sabbath is Rest

Rest Has Become Hard Work

Rest is Extremely Spiritual

Day Off vs. Sabbath

A Day of Stopping

A Time of Resting

Delight in Creation and its Gifts

Ponder the Love of God

BIBLE EXPLORATION

REST-SPECIFICALLY THE SABBATH IS A ROPE THAT LEADS US BACK TO GOD IN THE BLIZZARDS OF LIFE.

Read out loud - Hebrews 4:1-11

In the sermon we heard that our salvation is rest. We do not have to earn anything. How do verses 1-3 reinforce this?

Verse 7 promises that God continues to offer salvation and rest each day. How does the promise of "today" encourage you to respond to God?

Verses 9-11 make a direct connection between our salvation as rest and resting from our work. Why are these two types of rest connected?

How much is trusting God connected to resting?

LET'S TALK ABOUT IT

What is the significance of God commanding rest to the Israelites after 400 years of slavery in Egypt?

Is the lack of rest in our lives a misalignment with God's desires for us? Explain.

Pastor Carlos said culture has a way of overwhelming whatever margin we have. What things in life prevent you from finding time to rest?

There are 4 elements to Sabbath – stopping, resting, delighting and pondering. Which of the 4 are easiest for you? Which of the 4 are the hardest? Why?

**THE REALITY IS, CULTURE
JUST HAS A WAY OF
OVERWHELMING WHATEVER
MARGIN WE HAVE.**