

27,375 - Live in His Rest (Sabbath)

6/21/20

READ:

- Exodus 20:8-11
- Genesis 2:2-3
- Mark 2:27

REFLECT:

- How do you rest? How often do you feel that you get an opportunity to do so?
- Daniel mentioned how we should view sabbath as a gift. How do we better understand that God believes this is best for us?
- How does sabbath help remind us that we are not home yet?
- Right now, what do you consider your sabbath? Is this something that you prioritize in your schedule?
- Daniel talked a lot about rhythm and how sabbath is all about living at a different rhythm. What are some steps that you could take to find a slower pace for one day a week?
- What is the difference between rest and laziness...internally and externally?
- Sometimes to be able rest we need to remove or eliminate things on our schedule. What are somethings that you could prayerfully consider eliminating? How could your small group or Christian community help you with that?
- How do we balance legalism and neglect around the sabbath?
- Which of the four applications were stuck out to you the most (Release, Rejuvenate, Rejoice, or Refocus)? Why do you think that is?

RESPOND:

Daily Training:

- Commit one day a week to honor the Sabbath as commanded.