

RECAP

- What opportunities did you have this past week to anchor yourself as a child of God?
- Were there any Scriptures that you found helped with this? If so, what were they?

IDEA 1

- Is there anything from the following statement that resonates with your life at the moment? If so explain:

"In the hustle and busyness of our culture, we are all slowly moving toward physical and spiritual exhaustion. Our inability to find and have rhythms of rest is shortening our years and the quality of our life. And many of us know that empty traditions and rules are not the way forward."

- Why can we find it so hard to stop and rest?
- Have you ever set aside time in your week to Sabbath? What was that experience like?

IDEA 2

The Pharisees were so wrapped up in the regulations of the Sabbath that they missed the heart behind it - God's desire for loving relationship.

- How can we keep ourselves getting wrapped up in the Pharisaical regulations of the Sabbath?
- If Sabbath is a channel of loving relationship, how could that affect your practice of Sabbath?

The temptation to find rest in things outside of Jesus does not escape any of us.

- What place or thing have you allowed to give you counterfeit rest?
- What step do you think Jesus might be inviting you to take to experience rest in Him?

SPIRITUAL PRACTICE

Start by placing your palms down.

Pause - Think about the things that you look to for counterfeit rest.

Pray together - God I surrender the things that I've looked to for counterfeit rest.

Now turn your palms face up.

Pause - think about Jesus and rest in His presence together.

Pray together - God I receive the eternal rest that you offer to us through Jesus

NEXT STEPS

Set aside time to Sabbath this week. As you prepare for the Sabbath, you may find it helpful to ask yourself the following questions:

- **If Jesus was a guest in your home for the next 24 hours, how would you host His visit?**
- **If Jesus is the person you love most, what are the vulnerable things you'd want to release, share and receive from Him during His stay?**