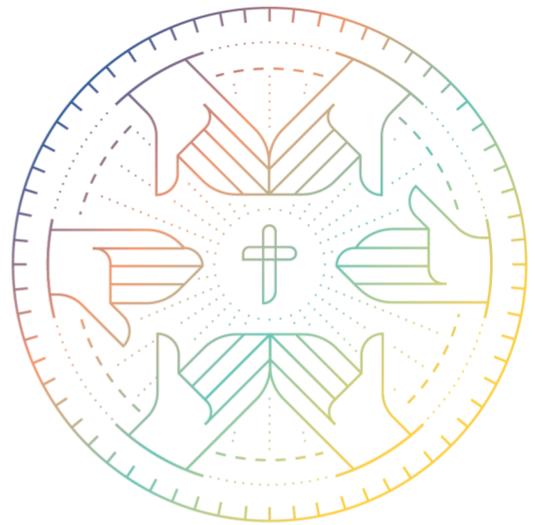


Group Life.

WE ARE BETTER TOGETHER



WELCOME (10 MINUTES)

This week we are wrapping up our series, *Give Me Strength*. In this final week, we'll talk about how sabbath rest is important for our transformation and how there are small, unhurried spiritual practices that slow us down and make space for our souls to rest in God.

- Please don't forget to take attendance via the attendance reminder email. It's important!

ICEBREAKER (10 MINUTES)

Sabbath provides the time and space to love well. Get-togethers, parties, holidays, special achievements...we celebrate God's goodness to us and those we love! What is a celebration you remember? How did your family celebrate birthdays as a child?

INTRODUCTION (5-10 MINUTES)

Was there one idea that stood out to you from Pastor Paul's message on the importance of Sabbath rest?

Read Ephesians 5:1-2

There's perhaps an infinite number of ways we can imitate God. Or, perhaps not. Brainstorm with your group all the things about God that can, and should, imitate.

INTO THE WORD (25 MINUTES)

Read Matthew 11:28-30.

What do you think of when you hear the words "rest for your souls"? What is God referring to? What kind of rest? What things do we struggle with for which God would offer us rest?

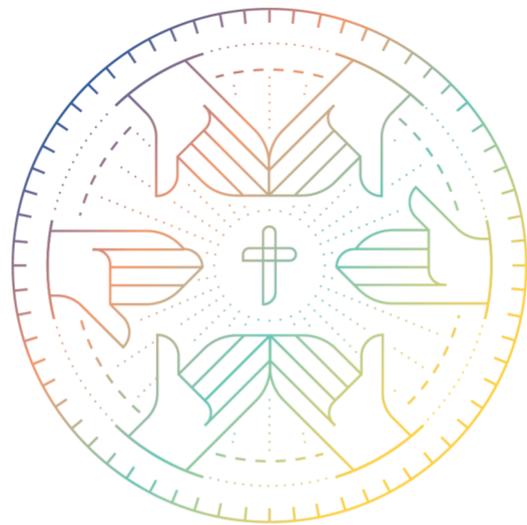
Read Isaiah 58:13-14. How is this passage similar to or different from Isaiah 40:28-31?

Is the "delight in the Lord" something we do or something God does in us? What is required for us to experience this delight?

Read Psalm 62:1-3, 5-8. What might be a connection between these verses and the practice and benefit of Sabbath?

Group Life.

WE ARE BETTER TOGETHER



APPLICATION (25 MINUTES)

Pastor Paul talked about Sabbath rest providing the opportunity for us to think deeply and ask ourselves questions:

- What's going right in my life?
- What's going wrong in my life?
- What's confusing to me?
- What's missing?
- What needs to change?

What other introspective questions would be helpful? How might taking an inventory like this on a regular basis make a difference for us as we follow Christ day-by-day?

Paul talked about cultural traps that keep us from considering what it would like to unwrap a Sabbath rest. Which of the following traps do you identify with and what's a way Sabbath can help you escape it?

- "Busy is better" trap. (Heaven help us that we'd ever sit quietly, ever risk being still, doing nothing, just being loved by God.)
- "So much to do" trap (Meaning the universe, the house, the kids or the job, will cease to exist if I don't get busy.)
- "If I don't, I won't" trap. (Meaning I don't trust myself to be responsible and get to the things I need to eventually do, so I have to do them now.)
- "My children will miss out" trap. (Which is so pervasive today, and leads so many families to the brink of exhaustion.)

What is your practice or experience with keeping a Sabbath? If a part of your family of origin, is it a fond memory?

What's one small change in your lifestyle that could allow you to enter into a Sabbath experience, and what would you do differently in the Sabbath than the other six days of the week?

PRAYER (10 MINUTES)

*Father God, we do well to be still, to pause, and acknowledge who you are and to remind ourselves that we are yours. Help us to love you and others well. We give back to you our time, our attention, our trust and our hearts. We are grateful for your Word that equips us, your grace that sustains us and this community that strengthens us. Remind us again today that, truly, our souls find rest in You alone. Refresh us and renew us by the power of your Holy Spirit and for your glory. All because of Jesus. Amen. **Amen***