



WEEK 29: REST DISCUSSION GUIDE

1. When is the last time you fully unplugged and took some intentional down time for yourself and/or your family?
2. Define sabbath as a group.
3. In your weekly rhythm, do you typically have what you would consider a consistent sabbath?
4. Take out a piece of paper. On each of the four margins, write one of these words: work, family, finances, emotions/stress. Ask each person to fold each edge to represent how much margin they have in each of these four areas of their lives.
5. What kind of rest recharges you?
6. How can rest become an idol? What is the balance between pushing ourselves to serve God vs. trying to carve out rest whenever we can?
7. How is spiritual rest different from physical rest? Both are good and important. In your life, which are you succeeding with and how are you struggling to prioritize the other?
8. How do you need to “come to Jesus” to find rest (Matthew 11:28)?
9. Share some ways you have made rest a rhythm. Be specific with habits and behaviors that turn your attention toward God and family.

ACTION STEP

Tell the group your plan to create a more effective sabbath. Hold each other accountable.