

breathe.

SABBATH MONTH

June 11, 2023

REST | Genesis 2:1-3

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S U M M A R Y

We continued in our series on Sabbath by looking at the invitation to REST that God has called us practice.

R E A D

Genesis 2:1-3; Exodus 20:10, 25:4; Hebrews 4:9-11.

Pause. Take time to prayerfully consider what has been read,

D I S C U S S

- 1) What are the burdens that feel heaviest in your life right now?
- 2) What's the difference between having responsibility and carrying the burden?
- 3) In reviewing the scripture passages, what does it mean that God rested? Why is that significant?

In the sermon it was stated, "Rest in the ancient world was not disengagement; it was engagement without burden."

- 4) What do you understand this phrase to mean and what implications does it have for our lives today?

"For Jesus, the Sabbath was not a set of rules we observe to prove how holy we are; it serves to remind us that we can live life continually under the care and watch and love and power of God."

- 5) What do you see in the life and teaching of Jesus in regards to Sabbath and rest that you find compelling?

R E S P O N D

Ask Jesus to invite you into a place of true rest this week. Respond to his invitation and do what he asks you to do.

*Share how the Spirit is inviting you to respond today and the week to come – to **be with** Jesus, to **become like** Jesus, or to **do what** Jesus does.*

P R A Y

Pray that we would follow Jesus in his practice of rest so that we can be experiencing fullness of life each day.

Take time to wait and pray together. What is Jesus praying for? Come into agreement with His prayers.

