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RECAP

This weekend we continued in our study of Jesus according to the Gospel of Luke. We focused on the portion of Luke 6 where Jesus talked about the idea of Sabbath. Before starting the discussion questions with your group, pray together and invite the Holy Spirit to be present with you as you study through this passage.

ICEBREAKER: Describe a restful experience. What place or activity do you find to be relaxing? What's your ideal retreat?

READ THE PASSAGE TOGETHER: Luke 6:1-11 (If you have time, read the entirety of chapter 6 & 7 together).

DISCUSS

1. What's your attitude towards work? How did your parents or generation impact or shape your work ethic?
2. What rhythms of rest and retreat do you practice? What areas/seasons of life do you need to develop more regular rest habits? How does your lack of rest impact your life and relationships? What prevents you from true rest?
3. What portion of this passage stands out to you and why? What truth about God, or people catches your attention?
4. In Luke 6, the Pharisees' understanding of God's Law was to comply in perfect obedience. How does Jesus challenge that idea? What is the greater truth He is trying to communicate?
5. Consider Pastor Greg's suggestions for a Sabbath rest approach to life. Which one is most convicting or challenging? Which one can you try this week?
 - Make corporate & personal worship a priority
 - Choose one day/week to rest from electronics/phone/social media
 - Practice solitude - spend time alone
 - Focus on reconnecting relationships in your life
 - Create a space in your home that is peaceful and uncluttered and spend time there daily

PRAYER TIME: Allow your group members to pray for you. Be willing to share prayer requests and pray together as a group. As we study the Gospel of Luke, please be committed to read along with us through this book!

CONSIDER TAKING A NEXT STEP: Explore Membership at Fair Oaks Church

Upcoming membership class on 2/5 and 2/12 (12pm-2pm) in the Family Life Center (AMC Room). Interested in attending? RSVP or get more information at fairoaks.church/membership.

GET INVOLVED **UPCOMING EVENTS & REMINDERS:** Learn more at fairoaks.church/events

- **Prayer Vigil** - 1/28 from 7a-7p
- **Congregational Meeting** - 1/29 at 11:45a
- **Meet the Missionaries** - 2/1 at 6pm
- **WFO Brunch** - 2/2 at 9:30a
- **Father/Daughter Dance** - 2/3 at 6pm (Tickets on sale online at fairoaks.church/events)
- **Parents Night Out** - 2/8 at 6:30-8p
- **Sisterhood** - 2/10 at 6:30pm (RSVP at fairoaks.church/sisterhood)
- **Winter Guest House** - 2/19-2/26 (Sign up at fairoaks.church/missions)

