

Duane Major

Remember: you do not have to do the entire study (you may not have time) – you can choose what questions you want to discuss.

Read Deuteronomy 6:1-9

1. How do we disciple in the home? What does it mean to teach our children the ways of God?
2. Who taught you when you were young? How did they do it? How did you respond?

Read Deuteronomy 5:12-15

3. What is the purpose of the Sabbath? Why did God institute it?
4. How do you celebrate the Sabbath? What do you do differently on that day? Why?
5. Why is rest important? What different types of rest are there? What is Sabbath rest?
6. How has rest and the Sabbath shaped your journey with God and others?

Read Romans 14:1-9

7. What does it mean to bear each other up? How do we do this?
8. How have you navigated the times when you have been the 'weak' one? What was that like?
9. Who helped you through these times? How?
10. How have you navigated the times when you have been the 'strong' one? What was that like?

Prayer points:

- Pray for a time of rest, refreshment and refocusing for yourself, your family, your community and church.
- Pray for the ill and vulnerable in our communities, cities and country in the wake of our increasing Covid cases.
- Pray for those affected by war and conflict around the globe.