



- **Would other people describe you as busy? If so, is that a compliment or a criticism?**
 - What kinds of things consume your time?
 - If someone evaluated your use of time, what would they determine are your top 3 priorities?
- **What does the phrase, “time quickening narrows the cognitive map” mean?**
 - What happens to us when we live in a hurry?
- **Read Genesis 2:2-3 mean?**
 - What does it mean that God rested? What was he doing after he finished his work of creating?
- **Read Genesis 2:15.**
 - Why did God put man in the garden? How do we see a foreshadow of the gospel in what God does for Adam?
- **Read Matthew 11:28-29.**
 - Explain how Jesus is our ultimate sabbath.
 - What kind of rest do we receive by faith in Jesus?
- **Explain how our willingness and ability to stop, rest, and delight is a direct reflection of our trust in the gospel.**
 - How does the gospel impact the tension we have between doing things and caring for people?
- **Read Deuteronomy 5:12-14**
 - Why does God command Israel to include everyone and everything in the sabbath (rest) day?
 - What does that mean for people who have authority? (Or, in our culture, the option to cause others to work or not?)
- **How can the practice of observing the sabbath train us to stop, rest, and delight so we intentionally remember our relationship with God and share it with other people?**
- **How can our group encourage and help each other practice the sabbath?**