

SPIRITUAL **DISCIPLINES**

GIVING GREAT EFFORT

SABBATH

GENESIS 2:1-3
EXODUS 20:8-11

1. What parts of your work are easier to see as sacred, and which parts are more difficult to see that way?
2. What are the biggest obstacles you face in setting aside one day a week for rest?
3. What practices help you remember the presence of God?



LEGACY BIBLE CHURCH