

Rest requires discipline

Summer 2014

This week we continued our Rest series in the second part of Exodus with the people of Israel travelling to the Promised Land. God's people have been released from slavery and as they have travelled have grumbled about the hardships they face in the wilderness. God has provided for their needs through miracles of sweet water and bread from heaven.

Scripture

Exodus 16:19-30

References

Genesis 2:1-3

Matthew 11:28-29

Overview

In this talk we looked into what the Sabbath meant to the Israelites and two possible ways we can understand their response to it. Following this we looked at how we can access this rest and stop in our lives.

Questions

1. What comes to mind when you think of the word "Sabbath"?
2. How easy do you find it to slow down and make space in your life to be fully focused on God?
3. What things can clutter up your day of rest and hold you back from worshiping God?
4. How do you think perusing a relationship with God can allow us to enter into his rest?

Tags

Rest, Holy, remember