

Sabbath Rest  
Scripture: Genesis 2:2-3  
Discussion Questions

1. With our work weeks and projects we try to get done, especially now that the sun is out, how do you schedule in rest? What does Sabbath look like for you each week?
2. Our culture puts such demands and expectations of what our lives should look like, our homes, our kids, our marriages, etc. What have you become a slave to that keeps you from experiencing the fullness and completeness of Shabbat?
3. Many of us carry such heavy burdens; burdens for our loved ones, dear friends, and for ourselves that hinder complete rest. Matthew 11:28-30 Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and my burden is light." Are you able to lay your burdens at His feet? If not, what is stopping you?
4. "Sabbath is not a commandment we are bound to; it's a promise we're invited to enjoy." (Bible Project) I find this beautiful reminder an opportunity to start imitating my Heavenly Father (Genesis:2:2-3), and celebrating our Savior who is our true Lord of the Sabbath (Matt 12:8). I challenge you to check your calendar right now! Where are you going to schedule in some time for Shabbat? Even better...where is there time for some Nuakh, time to settle IN to that rest?