

A BREAK FOR THE SABBATH

Exodus 31:12-17

Top Three

Top Three

SABBATH IS SERIOUS

SABBATH IS SPIRITUAL WARFARE

SABBATH IS A GIFT

Sabbath set the rhythm for rest and remembering.

RECOGNIZE REST AS GODLY

PUT GOD ON YOUR SCHEDULE

START STOPPING

4x4x4 Challenge

4min of Bible reading

4min of prayer

4min to be still before God

Family & Group Discussion Guide

- What are your top three things that keep you busy?
- If you were an Israelite who lived under the serious law of Sabbath, would you be alive?
- What are your thoughts on “Sabbath as spiritual warfare?”
- How does breaking free from busyness reflect God to the culture around us?
- **READ** Mark 6:30-32. What had happened just prior to Jesus calling his disciples to rest? What will come after?
- What is the hardest obstacle you face to stopping and resting.
- How will you “put God on your schedule” this week?
- **PRAY** for God to provide as you take time to rest.
- **PRAY** God’s glory will be displayed through you to those around you as you are obedient to him.

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