

Key Scriptures Passage	Questions for Reflecting and Group Discussion
<p><b>Colossians 3:23-24</b></p> <p><b>John 10:10</b></p> <p><b>Matthew 11:28-30</b></p> <p><b>Genesis 2:2</b></p> <p><b>The Yoke of Jesus.</b></p> <p><b>1. Silence and Solitude</b></p> <ul style="list-style-type: none"> <li>• God are you there?</li> <li>• God do you love me?</li> <li>• What do you want me to do?</li> </ul> <p><b>2. Sabbath</b></p> <ul style="list-style-type: none"> <li>• Stop and Worship</li> <li>• Stop and Resist</li> <li>• Stop and be Joyful</li> </ul> <p><b>Group Values:</b></p> <p><u>Authenticity</u> – Be honest. As you share together, learn to build trust with one another.</p> <p><u>Accountability</u> – Give permission for others to ask you questions about your life.</p> <p><u>Safety</u> – NO gossip. However, if someone is in danger, putting someone in danger, or through their inaction causing a person to be in danger then it must be reported.</p>	<p><b><u>Sharing with six questions</u></b></p> <p>Pray for the Spirit's guidance and direction together.</p> <p>Read the Key Scripture Passage. Discuss each question, giving time for all to respond. Silence may be required sometimes to give time for all to process the questions.</p> <p>Answer the following questions together as a group</p> <ul style="list-style-type: none"> <li>• What do we learn about God from this passage?</li> <li>• What do I learn about people?</li> <li>• Is there a sin to avoid?</li> <li>• Is there a promise to trust?</li> <li>• Is there a command to obey?</li> <li>• Is there an example to follow?</li> </ul> <p>By Sections:</p> <p><b>Section 1:</b></p> <ul style="list-style-type: none"> <li>• How do you find rest? What does "working from your rest" mean to you?</li> <li>• Section 2:</li> <li>• What do you think about Jesus metaphor of the "yoke?"</li> </ul> <p><b>Section 3: Reflection, pray together as a group.</b></p> <ul style="list-style-type: none"> <li>• Determine to take one day this week to be silent before God.</li> <li>• Start planning your Sabbath Day today.</li> </ul>

