



## **Faith Full**

**Week six - "Stop"**

***Genesis 2:1-3, Exodus 20:8-11, Mark 2:27***

**Bottom line: We stopped stopping and the only way to recover a sustainable rhythm for life is to stop.**

1. How is perpetual exhaustion impacting your life? Be specific.
2. Why do we accept exhaustion as normal?
3. Read Genesis 2:1-3. What rhythm did God build into the fabric of creation that literally creates an alternative to exhaustion and hurry and never-ending tasks?
4. Have you ever tried to sabbath? Why or why not? How did it go?
5. What are some of the reasons we resist stopping?
6. What appeals to you most about the Christian practice of stopping?
7. What steps are you ready to take to start implementing a sabbath rhythm in your life?