



Morning, Noon, and Night

Week four - "R&R"

Deuteronomy 5:12-17 and Psalm 116:1-7

Bottom line: We need a rhythm of rest that leads to Restoration and Resilience.

1. Describe your most recent experience you would identify as truly restful. What made it restful?
2. If you were given five days of "R&R" starting tomorrow, what would you do with it?
3. Which of the two myths about rest Jenn mentioned are you most tempted to buy into as you struggle to find rest? (Myth one: Rest = a break from life. Myth two: rest happens when work is done.)
4. Read Deuteronomy 5:12-17.
 - a. How were the Israelites supposed to "observe" the Sabbath?
 - b. What did they need to remember?
 - c. Why do you think God had to make this a commandment?
5. What does it look like, or what could it look like, for you to observe sabbath?
6. Read Psalm 116:1-7
 - a. What does the of restoration, i.e. "returning your soul to rest" (verse 7) mean to you?
 - b. How would a rested and restored you function differently in your day-to-day life?
7. What are you willing to stop doing, or sacrifice, in order to rest in a way that leads to restoration and resilience?
8. How will you anchor yourself to the presence of God this week?