



God Family Country

GUIDED BIBLE STUDY

The Gift of Sabbath Rest

Speaker: Jill Smith

Highlighted Scripture

Mark 2:27–28

**“And He said to them,
‘The Sabbath was made for man, and not man for the Sabbath.**

Therefore the Son of Man is also Lord of the Sabbath.”

Discussion Questions

- 1. Why do you think God designed a rhythm of work and rest from the beginning of creation?**
- 2. How does viewing the Sabbath as a gift change your perspective on it?**
- 3. What are some things in modern life that make it difficult to slow down and rest?**
- 4. Why do you think Jesus emphasized that the Sabbath was made for our benefit?**
- 5. How might regular rest strengthen your spiritual, mental, and physical health?**

Reflection Challenge

Take a moment to think honestly about your current pace of life.

Ask yourself:

- **When was the last time I truly rested in God's presence?**
- **Am I constantly busy without creating space for spiritual renewal?**
- **What distractions keep me from slowing down?**

Consider starting small this week.

Set aside intentional time to:

- **Turn off distractions**
- **Spend time in prayer or Scripture**
- **Reflect on God's goodness**
- **Rest physically and mentally**

Remember:

- ✨ **Rest is not laziness—it is obedience.**
- ✨ **God designed rest to restore our souls.**
- ✨ **Slowing down helps us hear God more clearly.**
- ✨ **Sabbath reminds us that God is in control, not us.**

 **Prayer**

Father God,

Thank You for the gift of rest.

Help me trust You enough to slow down and step away from the constant demands of life.

Teach me to find renewal in Your presence.

Restore my heart, mind, and body as I spend time with You.

Help me remember that the Sabbath is a blessing You created for my good.

In Jesus' name,

Amen.

