

bottom line

God's rest is not a burden to reject but a blessing to receive.



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

What is the best everyday gift you can give for under \$5?

reading scripture together

Read *The Israelites Oppressed* in Exodus 1:1-14.

play today's group intro video

suggested discussion questions

getting connected with scripture:

- Can you think of more recent examples, maybe from your life or the lives of others:
 - Of a blessing (*the Israelites were fruitful*) that turned into a curse?
 - Of a change (*a new king came to power*) that led to problems?
 - Of unjust oppression by one group against another?
- What are some unexpected and perhaps subtle ways that people like us are oppressed so that our lives are made bitter, even in a free and modern society?

getting real with each other:

- Why do you suspect we often fail to see Sabbath for the incredible gift that it is?
- What are some of the things our culture calls gifts that actually contribute to our restlessness?
 - Which of these tend to cause you the most grief in your own life?
- **Reflection Question:** Ask the Lord to reveal something hidden that is robbing your life of the joy and peace He wants to give you.

getting practical with our faith:

- Imagine & describe what would make a weekly Sabbath day feel like an absolutely awesome day of rest to you.
 - What would need to happen to make something like that a reality?
 - What might need to not happen?
- How could we do a better job of making Sabbath feel like a gift to our kids/grands?
- **This Week:** Plan something awesome to make Sabbath feel like the gift it is!