

# Unpacked 2021

Questions to ask for your group:

1) After listening to the content what are your initial thoughts about Sabbath?

2) Do you have a sabbath day of rest? If so, what does it look like? If not, why do you not have one?

3) How does keeping Sabbath help us see Jesus as our ultimate rest?

4) What do you need to do in order to have a sabbath and keep it holy?

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Give time to pray over needs in your group and specifically for those who want to start taking sabbath rest seriously and start practicing it regularly.