

# hope // faith // love

## GROUP FOCUS QUESTIONS

Week Of: September 27-October

Texts: Genesis 1:27, 2:2, Exodus 20:8-11, 31:17, Psalm 23:1-3

## GETTING STARTED:

Have you ever gotten a speeding ticket? How many?

## DIGGING IN:

Read the Scripture texts listed above to begin your Bible time together.

1. When God rested after the six days of creation was it because of need or choice? Explain your answer.
2. The word "Sabbath" means rest. What practical reasons are there for finding a Sabbath in one's week?
3. As a group, brainstorm the consequences of humans neglecting to refresh and refuel their lives?

## DIGGING DEEPER:

1. How much of a struggle is it for you to protect time to withdraw and refresh?
2. What interferes most with you taking time to refresh and relax in your weekly schedule?
3. What activity or experience refreshes you?
4. Do you agree that failure to withdraw on a regular basis reveals a lack of trust in God? Explain your answer.
5. What is a big take away or next step after recognizing that Almighty God and Perfect Jesus paused from "normal activities" to refresh?

## PRAYER SUGGESTION:

Allow the group 90 seconds of absolute silence to express whatever they wish to God. Then ask any in the group who wish to offer a sentence prayer on any subject they wish.