

Spiritual Disciplines

Discussion Questions: Rest

1. How much sleep do you normally get a night?
 - a. Every person is different and needs a different amount of sleep to feel rested (age seems to impact this as well). How much sleep do you find you need to feel rested? Do you get that much sleep?
 - b. If yes, then what things have you had to implement to make sure that happens?
If no, then what seems to be getting in the way of this happening?
2. Am I able to regularly take a Sabbath?
If yes, then how have you needed to schedule your life to ensure this happens?
If the answer is no, then what appears to be getting in the way of this happening?
3. How many times a year and for how long are you regularly able to take a vacation?
 - a. When you do get away is it a trip or a vacation?
A trip is an adventure! But is not typically restful.
A vacation is set aside to slow down and really rejuvenate.