

Small Group Questions: Sabbath Rest

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Read

Jeremiah 6:16; Ephesians 2:8; Hebrews 10:1; Hebrews 10:12;

Reflect

We are at a crossroads in our nation. So many are constantly “on” with technology being always available, and the demands of work at our fingertips. How can we find true soul rest in God’s love?

Pastor Greg Surratt gives us three ways we can find rest for our souls:

1. Remember Jesus.

- a. Sabbath rest is operating out of I am loved, and forgiven. Because of Jesus, we don’t have to earn our salvation. In what ways are you trying to earn God’s love, and the love of others?
- b. How can you step away from work and be present with Jesus?
- c. When we rest, we refuse to believe that God is withholding something from us. Where in your life, do you believe that you haven’t earned something from God?

2. Celebrate Father’s Day every week.

- a. Setting aside one day a week to rest, helps prevent a drift from God. If you have already made time for God regularly, what results have you seen in your life?
- b. We live in a culture of distraction. How has culture distracted you from spending time with God?

3. Establish a healthy rhythm.

- a. Divert daily
What are some things that you enjoy that you could spend a few minutes a day doing?
- b. Withdraw weekly
How are you pausing work regularly to spend time with family and friends?
- c. Abandon annually
What needs to happen in order for you to make a habit out of an annual week long vacation?

Respond: We spend our lives doing, and striving for more, but if you were to die today, what would your last words be?