

Discussion Questions: Sabbath...A Rhythm of Rest

1. What was your most “restful” vacation you have ever taken? What did you do (or not do)? ☺
2. Do you ever plan a sabbath rest into your schedule? If not, what keeps you from doing so?
3. Read Lev. 23:3, Exodus 20:8-11 and Mark 2:27-28. What are the Biblical principles you see in the text?
4. Which of the T.H.I.N. (Tired, Hurried, Insensitive, Negative) characteristics most describes your life right now?
5. Looking at the “Helpful Hints” that concluded the message, pick 1 or 2 and share how you will incorporate them into your life this week.