

1. We often express, or hear someone express, the idea that we are *exhausted*. The obvious remedy is rest, but we seldom choose that option. Why do we struggle to rest?

2. Our salvation is based on what God has done for us in Christ. Salvation is not based on what we do or have done. Have you been working to gain God's approval? How does this truth speak of "salvation rest" to you?

3. Jesus said, "The Sabbath was made for man, not man for the Sabbath." Do you trust that God's plan for rest is best for you? Or, do you believe the Sabbath idea is irrelevant in our culture? Discuss.

4. What are some practical steps you can take to begin practicing the discipline of the Lord's Day?