



Key Points :

- God rested after creation (Genesis 2:2)
- God commands us to rest (Exodus 20:9-11)
- God made rest for us (Mark 2:27)
- God clearly intended for us to have rest, a Sabbath, and He even gave us a pattern to follow (Genesis 2):
 - He rested on the Sabbath
 - He blessed the Sabbath
 - He made the Sabbath holy
- When we feel the burden of life we can still find rest (Matthew 11:28-29), when we feel overwhelmed, Jehovah Jireh, God is enough.

Questions:

Conversation starter

1. What does rest look like for you? When do you have your Sabbath? Afterwards, do you really feel rested?

Start thinking and sharing

2. Sabbath does not mean Sunday, it means to cease, desist, rest. Is there anything that you need to change (to do or stop doing) to allow you to have a Sabbath?

3. Are there things in your life, possibly outside your control, which prevent you from resting, where you need to know Jehovah Jireh, that God is enough?

4. How easy do you find it to have a Sabbath rest? Should it be easy? Hebrews 4:11

Start praying. Be bold, and pray specifically.

5. Father, you invite us to partake in your rest. Where we need to change our activity, help us; where we need You to be our shepherd for the things outside of our control, help us. May we invite You to be our shepherd so that our souls will be restored.

6. Jesus says "Come to me and I will give you rest in your souls" (Matthew 11:28-29). Bring to Jesus any aspects of your life that gets in the way of your Sabbath, that you may know that he is enough?

Start doing. Commit to a step, and live it out this week.

7. Do you need to be more intentional about your Sabbath i.e. are there things that you need to stop doing or start doing?

8. Consider what situations you need to bring before the Lord, where you need him to be your shepherd, so that you are able to live a Psalm 23 life