

08.12.18 - Outside - Christian Lindbeck

Leader Prep Section

- During the summer we will pare down to just a few simple questions to prompt good conversation in your group as you meet at the park, BBQ, etc.
- When possible spend time in prayer for each member of your group.

Goal: Everything rests: people, animals, land, God. There is something good and holy about rest.

1. What are some things that stood out to you from Sunday's sermon?
2. **Read Genesis 2:1-3.** Why was it important for God to rest after his six days of creating?
3. **Read Exodus 20:8-11.** Among the people of Israel, who / what is affected by the Sabbath? (even servants, animals, and foreigners!)
4. Why do you think taking a Sabbath is part of the 10 Commandments?
5. All of the 10 Commandments are as relevant today as they were in Moses' time, yet we often don't take Sabbath rest as seriously. Why do you think that is?
6. In your life, do you think you need to rest more? Or perhaps rest differently--in a way that actually refreshes and re-energizes?
7. What can you do (or not do) to make purposeful rest part of your life?