

# GROWTH GROUP DISCUSSION

## CONNECT

- What does rest mean to you?
- What does it take for you to truly rest?

## LEARN & APPLY

Read Genesis 2:1-3; Exodus 20:8-11; Leviticus 23:3; Deuteronomy 5:12-15

- From these verses, why do you think God commands us to remember and keep a Sabbath day, as one set apart?
- What does he want for us? Why?

Read Exodus 16:13-31

- What is God teaching his people, through the uniqueness of the Sabbath day in this story?
- What does it say about God's relationship with us?

Jesus got into trouble a lot over misunderstandings about what the Sabbath is meant to be. Read Luke 13:10-17

- What is Jesus teaching us about what God means for us in this grace filled command?
- What helps you to remember your God and Savior, and his presence in your daily life?
- Is there a new Sabbath practice that you might try out to encourage your connection with God this Lent?

## PRAY

Lord, you call me, once a week, to stop my 'working' to simply 'be' yours. Help me remember who you are, and to remember who I am, in you. Teach me to trust you enough to honor the grace filled rhythm of work and rest that you command, because you love me. Use this time to help me grow. In Jesus' name, Amen.