

SERMON Q's

"A Rhythm of Rest"
October 16, 2022
Genesis 2:1-3

1. What has been your experience with intentional rest? How has it been a struggle, and/or what joys have you tasted?
2. What is the difference between rest and sloth or laziness? How does the Bible encourage us toward both work and rest?
3. Read Isaiah 58:13-14 or survey how often the Old Testament speaks of "Sabbath." Do you think we underestimate or overestimate the intended importance of this gift?
4. What mental/emotional (not practical/logistical) hurdle most keeps you from experiencing rest? What are some gospel realities that sabbath rest reminds our hearts of?
5. What is one specific thing you would like to change about your practice of sabbath or experience of rest?
6. Read Hebrews 4 (especially vv.8-11). How do you experience sabbath rest here preparing us for our eternal sabbath rest?

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