



## Spiritual Rhythms – Week Five: Rest

- Icebreaker: When do you feel the most relaxed?

Read Mark 2:23-28

- In what way have the Pharisees missed the point of the Sabbath?
- Read Genesis 2:1-3 Why do you think God chooses to rest?
- Is it helpful to see God as a king resting on his throne after the victory of creation? Why/Why not?
- In what way are we defined by what we do?
- Who are we really? (See Genesis 1:27) Why might we need reminding of this?
- The Pharisees had turned Sabbath into a burdensome chore (Judaism has 39 categories of prohibited activities), why is it significant that they were given the law after they were freed from slavery? (Exodus 20:2, 8)
- What does Jesus mean by “The Sabbath was made for man, not man for the Sabbath”?
- Read Hebrews 10:1 and 10:12 in what way does the completed work of Jesus offer us rest?
- Are we sometimes our own worst enemy when it comes to finding rest? How can we be more intentional?
- What are the dangers of not stopping?
- What sorts of activities fill us up and re-connect us with our heavenly father?
- Which Spiritual Rhythm (Following, Recharging, Fellowship, Serving, Resting) have you found the most challenging and why?