

- 1) In Exodus 20:8-11 there is an emphasis on the holiness of the Sabbath rest. Whether you believe we ought to keep a literal Sabbath rest or not, there is a clear principle of God's people being in a regular rhythm of rest and prayer. How should a believer's rest differ from our world's view of rest or having a day off?

- 2) Read Deuteronomy 5:12-15... Why do you think God connected the Sabbath to the slavery the Israelites had experienced in Egypt?

- 3) Read Psalm 95:10-11 (concerning Israel's disobedience in Exodus 17:1-7) and Hebrews 4:14-16...
Rest is a major theme in the book of Hebrews, and Hebrews chapter 4 contains a dialogue of our need to enter a "future rest". Why do you think the writer of Hebrews ends the dialogue about striving for a future rest by talking about Jesus, our great high priest?

- 4) Read the following passages and share what stood out to you:
 - Psalm 4:6-8
 - Psalm 23:1-3
 - Psalm 116:7-9
 - Matthew 11:25-30

- 5) Consider this quotation from Jen Wilkins in her book, *Ten Words*: "Our natural inclination is to believe that we are keeping the world rotating on its axis, a mindset that feeds a ceaseless work ethic. Sabbath presses on that mindset. It is not merely rest that restores, but rest that reorients. It reminds us that we are not God."
What practices should be part of a healthy and regular rest that reorients you before God?