

October 18, 2020

Back to Basics

Genesis 2:1-3

1. Was there any one thing that you most agreed with or disagreed with from the sermon this week? What was it and why?

2. In times of being overwhelmed and exhausted, how have you typically tried to find rest?

b. Were there any aha moments, when Pastor Terry and Pastor Alexis shared their thoughts on what they had thought rest was? (*Alexis shared rest was off the clock of work, Terry shared the art of doing nothing*) Share how you view rest.

Digging deeper

3. Read Matthew 14:6-21. How did Jesus find rest?

b. What was Jesus' first response when he found out that John the Baptist was beheaded?

c. What was Jesus able to do when he took rest?

d. What example does this give us when we face hard or difficult situations?

Application

4. When is your Sabbath?

b. Who, what, or where gives you energy? Brings you life?

c. How are you going to prepare for your Sabbath?