



GROUPS AT CROSS POINT

BREAKING THE ICE

What's the best vacation experience you've ever had?

If you had to delete all but three apps on your smartphone, which ones would you keep?



MAIN CONTENT

This week we started a new series called, “Lazy River,” and discussed what it looks like to work hard at resting. Resting is more than just a quick nap but really totally resting your mind and body.

Annie F. Downs shared with us about a health issue she had had in the last few months that made her realize she needs to slow down and rest.

1. Have you ever been so exhausted that you didn't know how to keep functioning? What happened?

In order for us to live a full life that can sustain us, we must take time to rest; to rest our minds and bodies in order to keep going and have a successful life, to create a Sabbath time in our lives.

Sabbath is just one of the spiritual disciplines (rhythms) that can help us grow in our relationship with Christ. These rhythms include prayer, fasting, tithing, studying the Bible and taking a Sabbath.

2. Which one of these things: prayer, fasting, tithing, studying the Bible and taking a Sabbath have you incorporated in your life?





GROUPS AT CROSS POINT

MAIN CONTENT

3. Do you find it easy to incorporate these things into your life or difficult? Why or why not?

This week we are focusing on taking a Sabbath day to rest. God knew it was important to rest so He set the Sabbath in motion before man was even created. In fact, it's so important He gave a law to the Israelites to take a sabbath. (Read Exodus 20:8-11)

4. Why do you think we don't take the Sabbath as serious as the other commandments?

God wants us to trust Him in finding rest. When we trust Him and rest in Him, He replenishes us to live a long, healthy life.

5. How do you find rest in Jesus?

There is no perfect Sabbath. You have to keep practicing your Sabbath, to be still and quiet. You have to take time to rest. When you take time to rest and be still, you find rest in Him.

Sabbath and rest don't just happen once a year, it needs to happen weekly. Annie says, "Sabbath is the release valve of the week."

6. Have you ever practiced Sabbath? If so, what does that look like for you? If not, what keeps you from practicing a Sabbath?

If you haven't been able to practice a Sabbath, it's not too late. You can start taking Sabbath by simply taking one hour a week then building more time into it.





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Here are a few ways to help you learn more about taking a Sabbath:

a. Study the Sabbath. Annie mentioned a few books about Sabbath:

- 24/6: A Prescription for a Healthier, Happier Life
- The Rest of God: Restoring Your Soul by Restoring Your Sabbath

b. When you pray, you can ask God to teach you how to have a Sabbath and show you what you need to eliminate in your life so you can have a Sabbath.

c. Practice, practice, practice! Practice makes perfect. Just because one day doesn't work out, doesn't mean you give up on the discipline entirely. Keep practicing.

7. Which one of these will help you keep a Sabbath?

Sabbath means rest and worship, connecting to God and is a practice.

8. How can you incorporate a Sabbath this week?





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PRAYER

Father God, Thank you for giving us a Sabbath to spend time resting in you. Help us learn what it means to have a Sabbath, where we find rest in our lives, to live a long life following you. Help us incorporate a Sabbath in our lives, in Jesus name, Amen.

ACTION STEP

This week take a Sabbath and next week, share with your group what that looked like for you.

