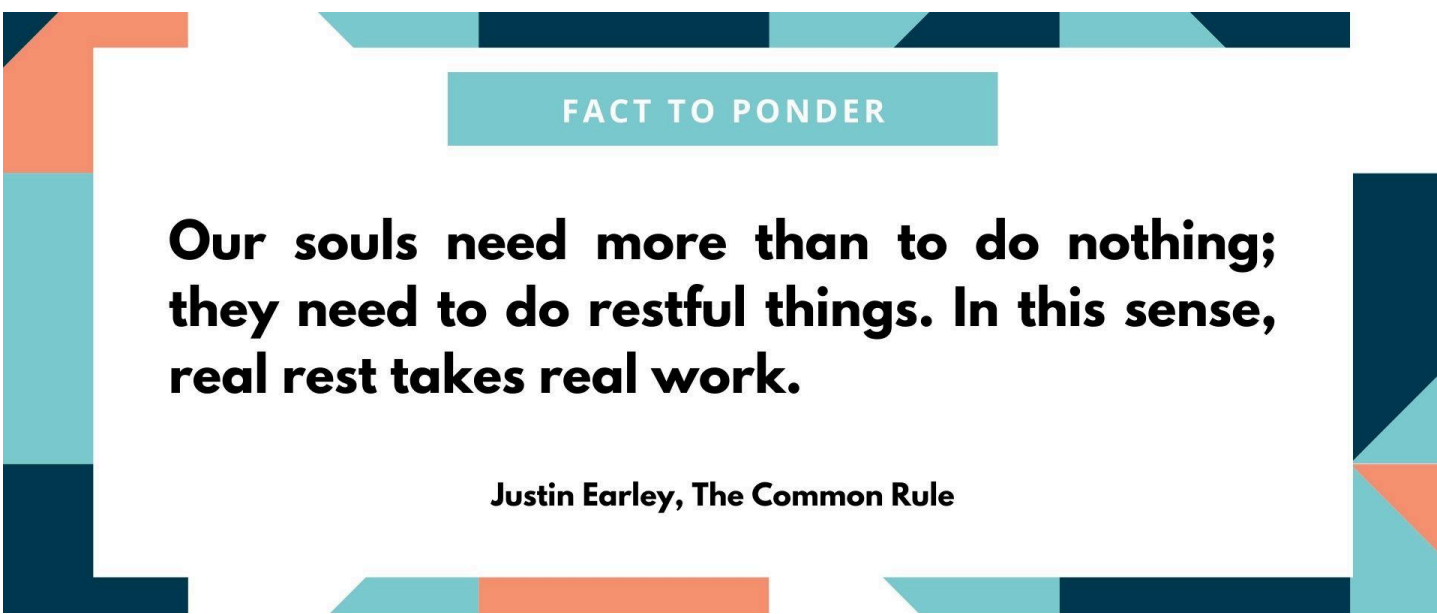




FACT TO PONDER

Our souls need more than to do nothing; they need to do restful things. In this sense, real rest takes real work.

Justin Earley, The Common Rule

Opening

- What are practical reasons why we should find time to rest?
- Read Exodus 20:8-11; Matthew 11:28-30

Reflection Questions

- Why do you think God created people to rest? (see Genesis 2:1-2 and Exodus 20:8-11)
- Why do people have such a hard time resting biblically and practically?
- Justin Earley points out that “Sabbath reinforces the stubborn reality that we can’t actually finish it all”. Why is this an important reality to face in order to cultivate the habit of Sabbath?
- According to Matthew 11, where do we find our true rest for our souls? What did Jesus do that we cannot do for ourselves?
- Read the above quote. Why is it important to be intentional about practicing the Sabbath? What are some practices that you found to be helpful in different seasons?
- As we head into the winter months, what would your ideal Sabbath look like? How would it involve worship? How would it involve rest?

Next Steps

- Schedule a time to meet with your accountability partner to check in and encourage each other.
- Read the last chapter, Epilogue: Failure and Beauty