

Instructions:

Group leaders, take some time before your gathering to look over these questions. Ask the Holy Spirit to guide you as you pick 3-5 questions to discuss that pertain to your group's unique style and needs.

Series: Reset



Message Description:

The Bible teaches us that God's mercies are new every morning. But sometimes it is easy for us to get stuck in the same old routine. As we begin a new year, how about hitting the reset button so we can claim the fresh start and new beginning that God offers to us. And as we rediscover our true identity in the love of God, together we will discover new purpose and head off in an exciting, God-given direction.

Key Scripture: Genesis 2:1-3; Exodus 16:22-26; Exodus 20:8-11; Matthew 11:28-30

Questions based on this week's teaching:

- What does it tell us about God that rest was built into creation from the very beginning? In what ways do you notice your need for rest showing up physically, emotionally, or spiritually?
- The Sabbath is described as a gift and a provision, not just a rule. What makes it hard for us to receive rest as a gift rather than something we have to earn or justify?
- Why do you think God chose to make Sabbath rest a commandment? What do you think is at stake, for us and for our faith, when we consistently ignore or resist rest?
- Practicing Sabbath requires trust that God will still provide when we stop. What does "trusting God with rest" look like in your current season of life? What might need to change for Sabbath to become more intentional?