

1. Genesis 2:1-3: God _____!

2. Sabbath or "Shabbat" means:

3. Why we Sabbath:

- a. _____ of our bodies, minds, emotions and soul.
- b. Delightful _____ !
- c. To _____ on what God has done.
- d. Rebellious _____ .
- e. God's current and future _____ of His REST.

4. How to REST filters:

- a. Is it _____?
- b. Is it _____?
- c. Is it _____?
- d. Allow for _____ !

5. Notes to Yourself: "How can I best observe God's Sabbath?"

**This template is for groups who continue to gather this summer while weekly, sermon-specific life group questions are not being provided.*

Pray: Lay down any distractions, control, fears, etc. that will keep you from fully engaging in your time together.

Looking Back:

What has God been teaching you lately as you've been applying what you're learning about Him?

Looking up:

What about the sermon was challenging, helpful, new, or interesting to you?

Did this sermon cause you to think about any other related Scriptures?

How does this sermon most speak to how you can grow in: Loving God; Loving one another; or Making His love known?

How did this sermon press you into prayer? What did God show you in prayer?

Looking forward:

What step of action is God calling you to take based on this study? How can our life group pray for and support you?

Prayer: How can we be praying for one another? How can we be praying for those in our lives who are far from God but near to us relationally?