



VALLEY REAL LIFE

Devoted: The Gift of Sabbath

Last Week

What were you thinking and feeling after last week's conversation about unanswered prayer?

Opener

Can you share a time when something unexpected turned out better than you thought?

Questions

Do you have an example of how a hurried attitude has negatively impacted your relationships?

Why do you think modern society struggles so much with the concept of rest, despite having numerous time-saving devices, apps, books, etc?

What are some activities that you find genuinely refreshing and rejuvenating? How can you incorporate these into your Sabbath?

How can recognizing the Sabbath as a gift change your perspective on taking a day of rest? If you're being honest, does a full day Sabbath feel like a gift or a hassle?

What connection do you see between your willingness to Sabbath and your trust in God? Try to give a personal answer.

Scripture Discovery:

Have yourself, another group member, or all group members read the following Scripture out loud

Matthew 11:28-30 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

- What does this passage tell us about God?
- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray