

Margin-Sabbath

Text: Exodus 20:8-11

Purpose: To learn and practice God's plan for us to work out of our rest instead of resting from our work.

Opening Question: *What is your dream job?*

Read and Discuss: Exodus 20:8-11

1. What does the Sabbath mean?
2. How is the Sabbath both a command and a gift?
3. How does, or how might, taking a Sabbath affect your mental, physical, emotional, and spiritual lives?
4. Are there any challenges you face when it comes to rest?
5. What's the connection between rest and relationships?
6. What does taking a Sabbath look like for you?