

Taking a break

Stand-alone sermon | Speaker: Pete Briscoe

Sermon Questions for 8.6.17

Opener

How do you approach rest in your life — planned or crisis-induced?

Read

Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-18; Mark 2:23-3:6

Engage with God in a Group

- Do you struggle to allow yourself to rest? What obstacles (even lies) do you wrestle with when you approach the need for rest?
- What breathes **life** into you? How can you build that into a period of rest?
- Are you enslaved to work? How would a sabbath bring **freedom** and break the cycle of slavery to work?
- How does Jesus, the Lord of the Sabbath, want to bring **healing** to you through rest?

Bottom Line

Find your rest in the Lord of the Sabbath.