

GUEST SPEAKER JOHNNIE MOORE

Leaders : Due to having a guest speaker, there are no Sermon Notes this week. Please use the space below for your personal notes				

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Note: Due to having a guest speaker this weekend, we do not have **Sermon Based** Leader Notes or Small Group questions.

Getting Started

1. What are your thoughts on rest? What are some ways you'd describe what rest looks and feels like?

2. When was the last time you had what you'd call a "good rest?" What was it like? How did you feel before and after this rest?

Going Deeper

1. Read Ecclesiastes 9:10, Matthew 24:46, and 1 Corinthians 15:58. Based on these two passages, what is God's view of work (whether it is your vocation, ministry, or the work we are all called to in Christ)? What kind of worker are we expected to be?

Read Luke 10:38-42. How do Jesus' words to Martha give perspective on the priority of work?
3. Read Exodus 20:8-11, Exodus 31:16-17, and Deuteronomy 5:15. How important is sabbath rest? For each scripture, how is this demonstrated?
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Applying the Message 1. On a scale from 1-10, (1=Terrible, and 10=Awesome), how are you at resting with purpose? Why? What do you need to work on?

2. The word sabbatical is derived directly from the word sabbath - it is an extended rest from one's ministry. The purpose is traditionally to study or travel as part of making one better at their occupation, not just to take a long vacation. What are you involved in that will soon take an extended break until the fall season? How can the time between now and then serve as a sabbatical?
3. How can you incorporate more rest and sabbath into your work - your occupation, your ministry, or anything else you put your effort into? How would this improve the effort you give?