



Living Leadership

GROWING DISCIPLE-MAKING LEADERS

Rest and Sabbath

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Matt.11:28

Come to me all you who are weary and burdened and I will give you rest.

Take my yoke upon you and learn of me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light

Discussion

Why did God rest?

Discussion

What are some implications of God resting for our patterns and habits of life?

Discussion

What do you make of the observations?

What are some of the chief challenges for you in using your time well for your joy in God?

Discussion

What things feed your joy in God?

Discussion

What do you think a Sabbath way of life might look like for you?

What are some of the reasons you might resist it?

Exercise

Design a day that
does Matthew 11:28

Reflection

What does God want you to do in your lifestyle to cultivate rest to his glory?

How can you best maintain a weekly pattern of godly rest?

What changes do you anticipate (if any)?

What would stop you?