



Week 5: Naps Encouraged

Theme: Sabbath and the Providence of God

Icebreaker:

What is your favorite time to rest/nap?

Message Bible Text:

Hebrews 4:1-8, Genesis 15:1-18, Isaiah 53:4-5, Hebrews 4:9-11

Discussion Questions:

1. Why is the sabbath important?
2. What does sabbath mean in accordance to rest?
3. What does sabbath mean in remembrance?
4. How does the sabbath correlate to relationship?

Supplemental Bible Texts:

Genesis 2, Exodus 20, Deuteronomy 5, Psalm 63:6

Discussion Questions:

1. What is the significance of God's covenant?
2. How does knowing that God has done it all for us help us in our daily lives? (the good, the bad, and the ugly)

Take-Home Thoughts:

- Consider using your sabbath for rest, remembrance, relationship, and reset for the upcoming week.
- What areas do we need to give God complete control so that I may find rest?

Prayer Requests (use the extra bullets to place your own requests or your small group's requests):

- Give thanks/praise to God for resources to pay off project 78.
- Pray for the General Synod that is taking place this week (Oct 14-19 in Tucson, Arizona)
- Unleash your Holy Spirit to flow through this congregation.
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Memory Verse:

Matthew 11:28 - Come to me, all you who are weary and burdened, and I will give you rest.

Prayer:

God - Thank you for your covenant. Help us have a full understanding of what it means to be saved; that you, Lord, took our place. You took our curse and through your Son, you healed and saved us. Lord God, give us a great sense of peace. Help us rest in your arms now and forevermore. Amen.