

Work & Rest

Sabbath as Identity (Dt. 5:12-15)
Life Group Questions – July 31.2022



Connect

1. What are some things that you find restful?

Learn

2. **Read 20:8-11 and Dt. 5:12-15.** What differences do you notice between these two different recordings of the 4th commandment? Why are both significant?
3. As you listened to the message and/or read the Scriptures, what stood out to you? *The answer to this question is frequently how the Lord speaks to us. Pay attention.*

Apply

4. When do you find that you suffer from spiritual amnesia? Are there times or situations where this is more likely to happen in your life?
5. Have you ever found your identity in something other than Christ? Name some of those (*job, sport you played, family, etc.*)
6. Do you ever struggle with the feeling that you are not doing enough or that you are not enough? When does that happen?
7. What words or phrases did you circle on the back of the notes? Why did that description of who you are stand out to you?
8. What is your big takeaway from this 4-week study on rest and Sabbath? Is there anything you are applying to your life?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Please make time before departing to check in with each other and pray for one another.