1) Do you practice Sabbath Rest?
   If so, what does it look like?

2) Read Hebrews 4:9-11
   Why is it so difficult to stop and rest from our frantic schedule?
   In your life, what is it that is personally difficult? Fear? Distraction? Pride?

3) Read Matthew 11:28-30 from your Bible
   The Message says it this way:
   “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

   What would it mean to you if you were to quiet yourself, find stillness and peace, learn the unforced rhythms of grace when you feel frantic?

   Kim explained that a yoke is built for two. Picture a burden you struggle with and then picture Jesus next to you. What are we promised?

4) When was there a time in your life that you wish you had taken a Sabbath Rest?

5) What is something you can change in your life to incorporate Sabbath Rest?