



Good morning! Great to see you at church!
You should come to small group Bible study on Monday or Tuesday to dig deeper into what REST in God looks like!

Opening Prayer

Thank God for being present. Ask him to let his truth shine through. Ask him to humble us so we can learn from him.

Getting To Know Each Other

Tell the group about the first time you came to Sunday morning at Cross of Life. What stood out to you? Why did you come back?

Points to Ponder

The hardest part of being a Christian is understanding that we don't "have to" do anything to God to start or continue to love us. Therefore, you're not allowed to use the words "have to," "need to," "must," or any derivative of those words in your discussion tonight. Hold each other accountable!

What are the biggest obstacles for you in making Sunday morning a priority?

How would you approach a friend or family member who has been absent from Sunday morning for a while?

Read Mark 2:27. How is a "Sabbath rest" a good thing for human beings both spiritually and physically?

How can we teach our children to rest in Sunday morning?

Next Steps

- I will sacrifice something in my life that keeps me from Sunday morning.
- I will volunteer to call, e-mail or text members of our church family who miss Sunday morning. (talk to Pastor)
- I will pick someone in our congregation to "bring alongside" myself regularly on Sunday morning.

Closing Prayer Requests