

SOUL REST

7 January - Justin Gill

Isaiah 40:28-31

LIFE

Building life giving relationships

WELCOME: Spend 15 - 20 minutes catching up with your group members and sharing prayer requests. Take some time to pray over each other. If possible try to have a quiet time in Isaiah 40:28-31.

SHARE: What do you hope for in the new year? Or what are you looking forward to?

GOD

Growing more like Jesus together

ENGAGE THE MESSAGE:

1. **Read Isaiah 40:28-31.**
2. These verses indicate that at some point everyone gets weary. In what ways do you seek weariness resolution?
3. Jesus said in Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest." Is there something you can do to better rest in Jesus?
4. Read **Exodus 20:8-11.** How does God model the Sabbath?
5. Why are we instructed by God to practice the Sabbath?
6. Do you practice the Sabbath? If not, what keeps you from doing so?
7. What does it mean that the Sabbath was made for man, not man for the Sabbath?

OTHERS

Loving God and loving others

OTHERS: Brainstorm some ideas on how you can begin practicing the Sabbath to seek restoration for your soul in Jesus. How can you include your family or friends in this?