



Discussion Guide: The Art of Rest | Remember

Begin with prayer

5 min

Check In

20-30 min

Spend a few minutes catching up on life with one another.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

Discuss this week's practice

5-10 min

- How'd you do with practicing the Sabbath this week?

Discuss this week's sermon

10-15 min

- Mark talked about trading FOMO for JOMO. How have you experienced fear of missing out? Where do you find the joy of missing out?
- The first 3 of the 10 commandments are all about how we honor God (vertical), while the last 5 are all about how do life with those around us (horizontal). Mark said that it is no coincidence that the command to keep the sabbath meets in the middle. How does practicing the Sabbath affect us vertically and horizontally?

Open your bibles together

25-30 min

- Read Psalm 46:10
- Mark referenced four truths:
 1. God is infinite. We are finite.
 2. God is the only one who can be all things to all people.
 3. God is the only one who can be two places at once.
 4. God is the only one who doesn't need sleep.
- Which of these truths of God have you tried to make true of yourself? How have you been reminded of your limits?



- Stillness is a response in worship and trust that God will be who He says He is, so we don't have to try to be. How can you practice stillness in your everyday? How can you practice stillness in your Sabbath?
- Read Genesis 2:2-3
- What do you think it means when it says that the Lord *blessed* the Sabbath day?
- Sabbath is the first thing that God calls holy. What is so holy about resting?
- Read Exodus 16:23-30
- In vs. 29 we learn that God gave the Israelites a double portion on the 6th day so that they could rest on the 7th. Unfortunately, we are often like the Israelites in vs 27, wanting *more* rather than enjoying *enough*. How has God provided you with 'enough'? How can we be intentional about enjoying *enough* rather than longing for *more*?

Prayer for one another

10 min

- Encourage the person who's assigned over prayer request to get them at this time

Talk about the coming week's practice

5 min

- Make sure that everyone knows where to find the practice guide on the website.