

Margin

'Practice of Sabbath'

Mark 1:35, Mark 6:31, Matthew 11:28-30, Exodus 20:10

NOTES

Download 'Practice of Sabbath'
by Andy Rodriguez (10/20/24) free, or share it via email,
Facebook, or Twitter at hcbc.com/media.

MY APPLICATION

The following questions this week reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family and friends.

1. What are the real-life challenges that make healthy rhythms of rest difficult in our culture today?
2. Read Mark 1:35 and Mark 6:31. How did Jesus model rest, and what implications does that have for our discipleship?
3. What are fake imitations of rest that our culture offers instead of biblical rest?
4. Discuss what your daily rhythm of rest will look like.
5. How will you implement the four suggestions for establishing a weekly rhythm of rest?
 - Decide ahead of time when you will rest.
 - Prepare for your time of rest.
 - Stop work.
 - Engage in activities that allow you to rest your soul and delight in God.

