

Basics of Faith

Start Here

Before starting your conversation, make sure you've watched the video: <https://go2.lc/Basics106>

Key Point

Rest allows us to be better prepared for life and more aware of God's closeness to us.

Scripture

"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy."
Exodus 20:8-11 NLT

Icebreaker

- What are some of your favorite ways to rest and relax?

Start Talking

- What are your thoughts after watching this video? Is there anything that was surprising or that you want to learn more about?
- Read **Exodus 20:8-11**. Talk about some reasons why God would include rest in the Ten Commandments. What does that tell you about the care He has for His people?
- Share what rest currently looks like in your life. How could practicing Sabbath, slowing down, or finding silence and solitude impact your faith? How would your life look different?

Prayer

Heavenly Father, thank You for caring so deeply about our well-being. We want to take a break from our busy lives and rest in Your presence. Please help us to find ways to rest, slow down, and be still with You. In Jesus' name, amen.

Next Steps

- Find one way to rest this week. Decide what that rest will look like now, so you're able to practice rest when the time comes.
- Learn more about rest here: <https://go2.lc/findepisode6>