









**WEEKEND RECAP DISCUSSION GUIDE - MARCH 16-19**



<b>SERIES &amp; TITLE</b>	<i>Book of Hebrews: Something Better - REST Week 4</i>
 <b>BIG IDEA</b>	Obedience is the pathway to rest.
 <b>ICE BREAKER</b>	Share what was the greatest vacation you have ever taken?
 <b>DISCUSS</b>	<ol style="list-style-type: none"><li>1. What would it take for you to slow down and rest?</li><li>2. Read Hebrews 3:7-11. Why do you think God chose “unrest” as their punishment?</li><li>3. How did Jesus redefine Sabbath?</li><li>4. What are different practices that you can adopt that would promote a rhythm of Sabbath?</li><li>5. Pastor Cal talked about carrying rocks that we don’t need to carry. What rocks are you carrying that you need to drop?</li></ol>
 <b>FOR STUDENTS</b>	Do you find it hard to rest? Why?
 <b>CHALLENGE</b>	Identify at least one rock that you’ve been carrying that you should let go of. How can you let this go? How has this allowed you to have rest in your life?
 <b>SCRIPTURE</b>	<ul style="list-style-type: none"><li>● Genesis 2:2-3 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.</li><li>● Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”</li></ul>
 <b>PRAYER</b>	Devote quiet time each day this week to just be with God. Ask God to give you wisdom in how best to practice rest and sabbath in your life.
	

**NEXT WEEK**  
**SNEAK PEAK**

Join us next week as we continue Something Better looking at Hebrews 4:14!

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