

Here We Go Again-Busyness

Text: Luke 10:38-41; Exodus 20:9-11

Purpose: To understand the benefit of taking a Sabbath, so God can refresh and remind us of His power in our lives.

Opening Question: *What is one thing that you love about your job/role in life?*

WHY ARE WE SO BUSY?

Read and Discuss: Luke 10:38-40

1. *How does your work/busyness define you? Do you feel more value, importance and purpose from your work/busyness?*
2. *How does knowing Jesus' acceptance for you comes from not what you do, but what He has done, change your thinking of your value/importance?*
3. *If you were to slow down more/rearrange your priorities what would you fear that you miss out on?*

THE PURPOSE OF A SABBATH.

Read and Discuss: Exodus 20:9-11

4. *How would taking a Sabbath impact you?*
5. *How is taking a Sabbath different than going to the gym, watching tv, or down time?*
6. *What would it be like for you to take a day to rest in God? Could you trust that everything else would get done?*
7. *What would need to happen in order for you to take a Sabbath?*