

# RL GROUPS

Grace | God-sized Vision | For Every Generation

## Matthew 11

**28** "Come to me, all you who are weary and burdened, and I will give you rest. **29** 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. **30** For my yoke is easy and my burden is light."

## Exodus 20

**8** "Remember the Sabbath day by keeping it holy. **9** Six days you shall labor and do all your work, **10** but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. **11** For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



## Questions for Discussion

1. How have your holidays been? Any resolutions for the new year?
2. What does the word "sabbath" mean to you? Were you raised with the habit of "keeping the Sabbath," or reserving one day for worship and rest?
3. Would it be easy or hard for you to make this a spiritual discipline in your life?
4. Why do you think the Bible commands a Sabbath day? Why did it make it into the 10 commandments?
5. What does it mean for Jesus to say that his teachings are "easy" or "light?"

Take time to pray for each other.