

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.”

Genesis 2

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. **3** 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.



Questions for Discussion

1. Read Genesis 2:2-3, Matthew 11:28-30.
2. Why do you think God made us to need rest?
3. Why do you think the Sabbath day is one of the 10 commandments?
4. What does it mean for Jesus to say his burden is easy?
5. What's the difference between a Sabbath and a weekend?
6. Why is it so easy to ignore the Sabbath?
7. How do we benefit from keeping the Sabbath?
8. How can you commit to keeping the Sabbath?

Take time to pray for one another.