

WEEK 3

Dec. 11, 2022

**God's Way:
Prioritizing Rest**

Rest for Life

Opening Series Thought

Why should we prioritize rest?

Opening Question

Is it a challenge to find rest in your life right now?

Open in Prayer

Read together: Isaiah 58:1-14

Study the Passage

- What stands out to you about this passage?
- What further questions do you have about this passage?
- How do you think this passage might apply to us today?

Reflect & Share

- How has your view of Sabbath changed over the course of this series?
- How does Sabbath relate to your holiness?
- How does Sabbath relate to your humility?
- How does Sabbath relate to your wholeness?
- If you've been more intentional about "practicing or observing" Sabbath in the last couple of weeks take some time to share about what has been helpful and what has been challenging.

End in Prayer

