



November 5th 2017

Announcements

If you have a Youtube account: following the church on Youtube will

The Color and Brooke Nicholls will be in concert at SG Kemptville Nov. 10th. Contact the office for tickets.

Follow up

1. Did you serve in anyway this past week? Did you try the breath prayer?

Connect

1. Do you remember when businesses were closed on Sundays? On a holiday have you ever went to a store to find it closed?

Engage

1. Would you say you need more rest in your life? How does taking a weekly day of rest help us with our other tasks?
2. Read Genesis 2:1-3. Read Exodus 20:8-11. This command begins with 'remember' why do we need this reminder?
3. God offers this pattern of rest for people. A day of rest is a gift, why do we fight practicing a day of rest?
4. Read Mark 2:23-27. What does it mean that sabbath was made for people not the other way around?

Next Steps

1. What activity do you find truly relaxing? Reading? Painting? Woodworking? Plan one hour this week to just do that activity. Was it hard to plan it?
2. Write out a plan of what an ideal day of rest is for you. Bring your plan with you next week.

Bottom line

God commands us to rest. What's stopping you?

Pray

Pray for the names on the chair.

This week read Psalm 23 as a prayer. How do you see each line as a reality in your life?