



November 12th 2017

Announcements

It's parade season! Southgate will have a float in both the Kemptville and Winchester parades. Kemptville is on November 18th at 12:00 and Winchester is on Dec 2nd at 6:00pm. RSVP at the office-
office@southgatechurch.com.

101 classes are coming up again. November 26th in Kemptville and December 3rd in Winchester.

Follow up

1. We had several Next steps. Did you find the time to rest? What activity did you do that was restful? If you brought your plan for a day of rest share it with the group.

Connect

1. Do you remember using 'snail mail' to send letters? What was the last hand written letter you sent?

Engage

1. Do you have any stories of how taking a day of rest actually improved productivity or effectiveness in your own life or someone else's?
2. Read Luke 13:10-16. This is an account of one of the healings of Jesus but also addresses the Sabbath. What can we learn about the Sabbath from this passage?
3. Read some of the following, Mark 1:21-28, Luke 14:1-6, John 9:1-34, Mark 2:23-28. Why were so many healings on the Sabbath? What do we learn about the Sabbath?
4. How does a day of rest address more than merely physical fatigue?

Next Steps

1. With the plan of your own day of rest being made, Figure out what needs to take place to for it to happen.
2. This week read Mark 4:35-41. We see Jesus resting. What was the circumstance he rested in? Can you follow his example?

Bottom line

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

Pray

Pray for the names on the chair.

Pray for the upcoming Christmas season and the ministries of Southgate.

Inspire

Read the Inspire Document together and discuss.