



November 12th 2017

Announcements

Christmas eve service times: Kemptville- 1:00, 2:30, 4:00, 5:30 & 7:00 Winchester - 4:00 PM & 7:00PM RSVP at Christmasatsouthgate.com

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

Follow up

1. How have you been resting? Did you spend sometime with someone during the rest?

Connect

1. What one thing most often keeps you from resting?

Engage

1. Read Luke 5:1-11. As a group find the answers to these questions; Where is the lake of Gennesaret? Why did Jesus turn his attention to the boats? Why did the boats fish at night? Why was it hard for Peter to trust Jesus? What parts of this passage led to verse 11? What if Peter had not trusted and followed Jesus request?
2. What parallels exist between us practicing a day of rest and the passage above?
3. What are some practical steps that you take or can take to prepare for a day of rest? E.g. food prep.
- 4.

Next Steps

1. This week we are to take a full 24 hours of rest.
2. We may have to train ourselves in rest. At first we focus on the things we can't do. As we grow in rest we begin to see the things we can do. On your day of rest this week write out Jeremiah 29:11 and place it somewhere obvious in your home.

Pray

Prayer is a place we can rest. This week when you pray, set a timer and spend one whole minute in silence listening to and focusing on God. Ask Him to speak to you, if there is something He wants to tell you offer up this time to listen.

Inspire

This week I will be getting details about the families.