

— SABBATH REST —

**WOMEN'S DISCIPLESHIP COHORT
MARANATHA COMMUNITY CHURCH**

TEACHING SCRIPTURE REFERENCES

- Who We Are — Genesis 1:26-27
- The Command — Exodus 20:1-11
- The Gift — Isaiah 58:13-14
- The Heart — Luke 10:38-42

SMALL GROUP DISCUSSION QUESTIONS

- What rhythms might God be calling you to implement into your life regarding work and rest? What is one step you plan to take this week?
- What difficulties are you likely to face as you seek to make Sabbath rest a weekly priority?
- What is a tangible way you need to be held accountable as you seek to trust God and implement these new rhythms?

RESOURCES

The Rest of God by Mark Buchanan

The Ruthless Elimination of Hurry by John Mark Comer

Sabbath by Wayne Mueller

The Sabbath as Rest and Hope for the People of God by Guy Printiss Waters