



RADICAL MINIMUM

THE BEST STUFF WE'RE NOT DOING

2.4.18

PASTOR CRAIG REES

REST: SLOWING DOWN TO POWER UP

Discussion Questions

1. What was your major takeaway from the message this morning?
2. How well are you doing at setting aside a weekly time for rest?
3. Describe your experience of Sabbath observance growing up. In what ways was it celebratory and in what ways was it more like a funeral?
4. Sabbath rest embraces the need for worship, addresses the necessity of work and allows an opportunity for witness. Which of these is the more prevalent in your Sabbath observance, which the least, and what, if anything, needs to change?
5. The Sabbath served to sensitive God's people to God's presence. What practices do you use to sensitize you to God's presence? In what ways does worship at Central help you with this?
6. Which of the three truths – Sabbath as a sign, Sabbath as a gift or Sabbath as a chance – impacted you the most? Why do you think that was?

BOTTOM LINE:

TO CREATE A CULTURE
WHERE WE
ENCOURAGE ONE
ANOTHER TO FIGHT
FOR REST.

KEY VERSES:

EXODUS 31:12-17
MARK 2:23-3:6



DISCUSS THESE QUESTIONS IN COMMUNITY

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