

READING PLAN: APRIL 11-17

	✓	Joshua	✓	Psalms
11	<input type="checkbox"/>	16-18	<input type="checkbox"/>	57
12	<input type="checkbox"/>	19-21	<input type="checkbox"/>	58
13	<input type="checkbox"/>	22-24	<input type="checkbox"/>	59
14		----- Reflection -----		
		Matthew		
15	<input type="checkbox"/>	1-4	<input type="checkbox"/>	60
16	<input type="checkbox"/>	5-7	<input type="checkbox"/>	61
17	<input type="checkbox"/>	8-10	<input type="checkbox"/>	62



LIFE GROUP

DISCUSSION QUESTIONS

If you are in a Life Group, take some time to answer these questions before your Life Group meets.

1. What was the biggest area of growth you experienced in your life during the last Life Group session? Where would you like to see the most growth during this session?

LOOKING CLOSER AT THE PASSAGE

2. Did you grow up with an emphasis on the importance of a Sabbath rest? How was the message today similar or different than your family culture?

3. Jeremy mentioned four R's of a healthy Sabbath: Rest, Refresh, Restore, Recreate. How are these expressed as personal or family habits for you?

4. Which of these 4 R's do you think you need to grow in the most? What might that look like?

5. Where is the line between margin and laziness?

6. Where would you rate yourself on a scale of 1-6, with 1 being very peaceful, and 6 being very stressed? How about your family?

STUDY QUESTION (Optional)

Does Colossians 2:13-17 support or challenge what we learned this Sunday? Why?

MEMORIZATION CHALLENGE REMINDER

For those of you who have committed to memorizing the book of Ephesians, this is just a friendly reminder to keep at it!