

## LifeLines Guide

### REVIVE: Rest God Rested

#### WORD

Read [Genesis 2:1-4](#) and [Exodus 20:8-11](#)

Why did God rest? How does that compare to when you rest?

What reason(s) are given for God's people to rest on the Sabbath?

In what ways is this command most challenging to you? Why?

What is one small step you will take to build up Sabbath rest for you and your household?

#### PRAY

Thank God for His creation, and thank Him for one of your favorite aspects and for the care He takes in the details. Ask God to quiet your hearts and minds and spend 120 seconds in silence. Pray that God would help you when you resist resting, and that He would help you find rest according to His commands and design.

#### LOVE

How can you model and practice Sabbath rest yourself, to encourage and cultivate similar practices in your household? What one thing will you do this week to help each other build Sabbath rest into the weekly routine?

