



CONNECT GROUP GUIDE

Connect Guide Sabbath

Read:

- Genesis 2:1–3 — God rests to bless creation.
- Exodus 20:8–11 — “Remember the Sabbath.”
- Mark 2:27 — “The Sabbath was made for man.”
- Matthew 11:28–30 — “Come to Me, and I will give you rest.”

Main Point:

“Sabbath isn’t about doing nothing. It’s about making space—for God, for renewal, for joy, and for the people we love. Sabbath is not a law we fear but a gift we receive. God rested not because He was tired, but to set a rhythm for us: work and rest, pour out and be filled, serve and be still.”

Questions:

1. During the church sabbatical week, how did you intentionally rest?
2. What helped you the most in resting this week?
3. What was the hardest part of resting?
4. When you think about Sabbath, what comes to mind?
5. How did you spend time with Jesus this week?
6. What is something new you learned or something that the Holy Spirit is teaching you?
7. What is one rhythm of Sabbath rest you want to continue going forward?

Prayer Time:

Spend some time thanking God for the time of rest.

Announcements:

- We will be starting back the series on “The Whole Story”. We are starting the New Testament! The reading plan is on the church website.
- December 14th: Youth Christmas Party (Everyone needs to bring an ornament)
- December 21st: KK Christmas Party (Kids wear PJ’s to Church)

