

January 22

NEXT STEPS



Sabbath

Exodus 20:8-11

Questions to *Dig Deeper*:

1. What is my (or my family's) relationship with rest? Is it something I appreciate and take time for? Is it considered a waste of time or a low priority?
2. What do our rhythms of work and rest say about what we value?
3. What obstacles stand in the way of myself or my family taking a sabbath? Are those obstacles necessities or self-serving choices?
4. What would have to change in my life for the sabbath to be a weekly practice?
5. What fruit might develop in my life if the sabbath became a regular practice?