



How to use This Guide:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

Our Main Idea:

Why aren't we content with what we have? The answer to this question is that something is missing from our lives, and what is missing matters. What's missing is a rhythm that has been established for thousands upon thousands of years. What's missing is a day of rest, a day when we make time to hear the voice of God.

Key Questions:

- If possible, view Session 2 of the 24/6 Bible Study on Rightnow Media. It is 11 minutes long and can be found at www.rightnow.org/Media/Series/2365
- Read Genesis 2:1-3. According to Scripture, what does God rest from after completing his creation?
- What does God declare about the seventh day? Why does he do so?
- Read Exodus 20:8-11. What are the clear declarations of the Fourth Commandment?
- Why did the Lord bless the Sabbath day?
- What comes to your mind when you hear the word Sabbath?
- In the video, Matthew Sleeth stated that "the Fourth Commandment acts as a fulcrum between God and humanity." How?
- How is Jesus the Lord of the Sabbath?
- What is the intent of the Sabbath?
- Matthew Sleeth stated in the video that "Jesus is the Lord of the Sabbath and he came to give you rest." How does that speak to your life right now?
- **What was your biggest take-away from the weekend message?**

Next Steps

Identify and share your next steps based upon the study's theme. Finish your group time with prayer, asking God for help in living a 24/6 life.

Experience

Your Relationship with God

Slowing down and resting is a great way to connect with God. What steps will you take this week to simply listen? What do you need to stop doing?

Equip

Your Relationship with Others

Much of our busyness in life is because we try to meet the expectations of others. How can we help each other to slow down and create a sustainable and healthy pace for life?

Engage

Your Relationship with the World

We slow down one day each week so that we can become more effective on the other six days. Don't forget that we still are called to serve God and serve others. God comes first, so make sure you prioritize your other six days.