



**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 4 of the 24/6 Bible Study on Rightnow Media. It is 9 minutes long and can be found at [www.rightnow.org/Media/Series/2365](http://www.rightnow.org/Media/Series/2365)
- If the definition of rest is figuring out what work means to you—and not doing it—what is one example of rest in your life?
- How will you allow God the room, space, and quiet to make an impression on you this week?
- Give one example of something you need to do in order to prepare for a “Stop Day.”
- What will be one of the greatest temptations that will threaten to interrupt your “Stop Day”?
- What is something new you and your family can do on your “Stop Day”?
- How will a “Stop Day” affect your experience of community at church?
- Matthew Sleeth stated in the video, “I believe the emotions we experience when we come to a stop are a barometer of our comfort with God.” How does this statement impact your thoughts about rest?
- What would the world look like if everything came to a stop one day a week?
- How is the Fourth Commandment countercultural in your life? Workplace? Community?
- What was your impression of the importance of the Sabbath before starting this study? What is your impression now?
- What impact will this study have on your life moving forward?
- **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.