

CHRIST CHURCH

REFLECTION GUIDE

CHECK-IN

Which Christian Discipline in the wheel
has been the hardest for you?

SCRIPTURE

Genesis 2:1-4
Exodus 31:12-17
Matthew 11:28-30

REFLECT

What word or phrase from the
passage stuck out to you?

PRAYER

*Father, help us find our rest in
you. Let us hear your gentle
voice above all the others that
clamor for our attention. Thank
you for your unfailing love and
your deep and peaceful rest.
Amen.*

RESPOND

Why does God command us to rest?

What do you need to stop doing to experience rest? What do you need to
start doing to experience rest? What gets in the way of your rest?

Why, in your own words, is it important for you to have
a Sabbath rest related to the rest of your week?

What does Jesus's invitation to "come to me" look like for you today?
What boundary or discipline do you want to commit to
that might allow you to experience more rest?

CLOSING

What or whom can we be praying for?

