

# Family Discussion

## A Slower Pace

1

Think about it ...

**“Observe the Sabbath, because it is holy to you. ... For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD”**

2

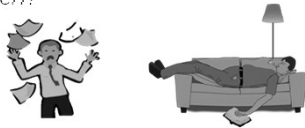
Discuss:

- Why do we often struggle to slow down and take a break?
- What distractions can keep us from resting and reflecting on Sunday?

3

Discuss:

- How do we find the proper median between working too much and resting too much?



4

Discuss:

- By the time of Jesus' life on earth religious leaders of Israel had placed extreme boundaries on Sabbath observation ... Jesus stated both implicitly and explicitly these were mistaken.
- However ... what reasonable boundaries we can adopt for ourselves to help us keep a Sabbath rest.

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