

Family Discussion

A Slower Pace

Think about it ...

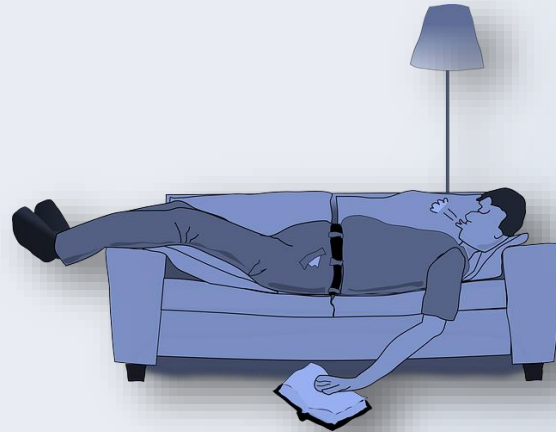
“Observe the Sabbath, because it is holy to you. ... For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD”

Discuss:

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

Discuss:

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



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.