

TEN

Week four

Main idea

Rest is a gift from God that requires us to trust and prioritize our relationship with Him.

Starter

When was the last time you felt like you needed to take a vacation after coming back from your vacation?

Discuss

Is it easy or difficult for you to rest? Why?

Have you ever experienced consequences of not resting for a long work week?

In what areas of your life have you trusted God and were blessed as a result of trusting in Him?

What does the Bible say?

[Exodus 20:8-11](#) , [Mark 2:23-27](#)

God could have given us a six-day work week without rest, but He gave us this gift. What idols have you placed before Him to stop you from enjoying His gift of rest?

Apply the message

How can you trust God more this week and apply the principle of rest?