



## Why We Serve | To Rest in Him

May 30 | Pastor Matt Anderson

### WARM UP

1. Do you sleep well or can nights be a challenge?
2. What stood out to you in this week's message?

### DIG IN

3. Read Exodus 20:8-11. Why does God model rest even though He doesn't need it?
4. Why do you think He made Sabbath rest one of the Ten Commandments?
5. What does Jesus reveal about the Sabbath in Luke 14 & Mark 2.

### WRAP UP

6. How do you engage the notion of serving on the Sabbath to ensure that a) your own needs are met and b) that you honor Jesus, all while c) giving life to others? What's your plan looking like?
7. Have you RSVP'd for the Volunteer Appreciation event on Wed, June 2?
8. Is our group interested in teaming up to plan a "Great Summer Grill Adventure"?



**Series: *Why We Serve***  
**Title: *To Rest in Him***  
**Speaker: *Matt Anderson***

Day of Rest?

Un-rest:

Genesis 2:1-2

God is...

Exodus 20:8-11

Rest to reclaim identity...

So what about work/volunteering?

Luke 14:1-6

Rest includes...

Mark 2:23-28

Rest is a \_\_\_\_\_, not a \_\_\_\_\_.

If I volunteer on the Sabbath, how will I:

- a-
- b-
- c-

*Soul Food* summer series:

*The Great Summer Grill Adventure* ([surprisechurch.com/grill](http://surprisechurch.com/grill)):

Revelation 22:3

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