



**TEACHING VIDEO:** <https://www.youtube.com/watch?v=INGnfBNtOpE>

**MAIN TEXT:** Exodus 20:8-11, Deuteronomy 5:15

### **DISCUSSION QUESTIONS**

1. What would the ideal Sabbath (day of rest) look like for you?
2. Do you have a hurry sickness?
  - Do you ever feel like there is not enough time to accomplish everything in your day?
  - Do you find it difficult to turn your mind off when it's time to go to sleep?
  - When was the last time you felt fully rested?
  - Do you find joy when plans are cancelled?
3. If we were created for rest, why is it so hard to take a break? Why is it difficult for many of us to create that rhythm in our lives?
4. How can you be intentional with your "best time"?
5. What needs to be ruthlessly eliminated from your time? How do I do it?

*I was not so committed to financial success that I was willing to abandon my principles & priorities. - Dan Cathy*