

RESET

Lean In (1.30.22)

S Scripture
O Observation
A Application
P Prayer



Rhythm matters most when life picks up speed.

ICEBREAKER: What metaphor best describes the speed / pace of your life right now and why?

Read: Genesis 2:1-3

- Why do you think God made a day of rest part of the creation narrative?
- What are the implications of a rhythmic day of rest being built into creation?

Read: Exodus 20:8-11

- There are ten commandments. Eight are “don’t-do-this” commandments? Only two are “do-this” commandments, including the commandment to keep the Sabbath. Sabbath is more than “don’t work.” What else is it?
- The fourth commandment is also the longest one. Moses used more words to make this command than any other. Why do think that might be?

Read: Exodus 20:8-11

- What are some ways you can do better at immersing yourself and/or your family in spiritual rhythms?

Read: Hebrews 10:24-25

- How can you “encourage one another” to continue meeting in spite of all the distractions and hectic pace of life?

Prayer: Pray that God will give you the conviction and discipline necessary to practice the spiritual disciplines of spending time in his word, prayer, meditation and journaling.