



1. What is the most restful thing you do?
2. What activities does our culture associate with rest?
3. Read Genesis 2:2 –
  1. How is work connected to rest? (What happens when you don't do paid work?)
  2. How is holiness connected to rest?
4. What does Jesus have to say about rest? Look at Matthew 11:28-30
5. Read Hebrews 4:9-11
  1. What is the eschatological sabbath rest?
  2. How do we enter this rest?
6. As Christians how can we live out radical rest in our lives, that might impact the culture around us?