



**July 22, 2018**

**Message Title: Sunday Funday**

**Teaching Pastor: Angie Frame**

*This study guide has been designed for Small Groups in mind, and can be used by individuals as well.*

<b>Key Points</b>	
<b>1.</b>	What's your favorite thing to do on a relaxing Sunday? Go out to brunch? Watch the game? Go to the river? Take a nap?
<b>2.</b>	Many people don't observe the Sabbath, because they're too busy. How busy are you on a scale of 1 to 5? (1=I have all the time in the world. 5=I don't have any down time.)
<b>3.</b>	What's the source of your busyness? Is it your job, family, community? Is your busyness seasonal or constant?
<b>4.</b>	When your schedule gets full, are you more likely to sacrifice the rest part of Sabbath or the convocation part of Sabbath?
<b>5.</b>	Our busyness distracts us from the broken parts of our lives. When we observe the Sabbath and actually rest and go to church, we often have to face our brokenness.
<b>6.</b>	Was there a time when participating in church, in the convocation, helped you face an area of brokenness that needed to be restored? Share 1 or 2 with the group.

7.	When's the last time you were alone, quiet, and restful? How did God use that time to restore or renew you?
8.	What's one change you could make to your routine to free up more time for a true Sabbath that includes both rest and convocation?

**Notes:**