

---

# COMMUNITY GROUP QUESTIONS

---

**OPEN:** What does a good, restful day look like for you personally?

**SCRIPTURE:** Read Proverbs 3:1-12 and 1 Peter 4:11-12.

**DIG:** How do these verses help you trust God with your actions in your daily life?

How can/do you look for opportunities to glorify Jesus in your actions?

Is Sabbath rest easy or difficult for you? What personal indicators show that you have neglected getting rest?

**CHALLENGE:** Do you need to rest and refocus? Come up with one practical way you can implement an intentional Sabbath rest into your weekly lifestyle.

**REFLECT:** Log into your RightNow Media account this week and watch the three-minute video, *How to Practice Biblical Rest*, found under Video Elements. <https://www.rightnowmedia.org/Content/VideoElement/123117>. Trust Jesus enough to rest consistently!

If you have not signed up for a RightNow Media account, go to [mstar.church](http://mstar.church), click on the orange box on the home page, and fill out the short form to get FREE access.