

# I Need a Vocation: week three

## //DISCUSS

Q1 – How do you like to spend vacation? Staycation, tropical, active, restful, etc...

Q2 – How do you usually feel when you get to vacation?  
How do you usually feel when vacation is over & it's time to go back to normal life?

Q3 – We tend to crave what we're used to even if it's not good for you.  
In what area of your life have you experienced this before?

Q4 – “Shabbat” in Hebrew means “rest”/”sabbath,” meaning ”to cease” or “to stop”  
-stop working, stop wanting, and stop worrying.  
Have you ever practiced sabbath?  
What does sabbath look like for you?  
What does sabbath do for your life?

Sabbath is about weekly reorienting your life around who and what matters most.

Q5 – Deep rest doesn't happen on accident. You've got to plan it and protect it.  
How are you planning for and protecting deep rest in your life?

## //READ

- **Main Passage: Exodus 20**
- **Matthew 11:28** “Come to me all of you who are weary and carry heavy burdens, and I will give you rest.”

## //PRAY

Lord, we pray that you would help us to remember that ultimately you are the one carrying our burdens and we can rest knowing you are still working on our behalf.