

JOURNEY™

DISCIPLES

PARENT GUIDE

LESSON 3.2: REST & RENEWAL

SCRIPTURE: EXODUS 20:8-11

SUMMARY:

This week's passage is about rest and renewal, keeping the Sabbath and making it holy. Students are studying what that means for them now that we are no longer under the Old Testament Law. Human beings need rest. We need renewal. God made us that way. He doesn't intend for us to work endlessly until we collapse from exhaustion. God designed His Sabbath command for

Israel's good and modeled it for us. A disciple of Jesus will benefit from following God's pattern of work and rest. Remind your student this week to take time away from his or her busy schedule for rest and renewal, just as Jesus did.

CORE VERSE

Genesis 2:3

CORE CONCEPTS

God designed an essential pattern for rest and renewal.

SABBATH:

Seventh day, a day of religious observance and abstinence from work, originally commanded by God in the Law to be kept from Friday evening to Saturday evening

DISCUSSION QUESTIONS:

- Talk to me about the most interesting thing you learned from this week's lesson.
- How is your work/rest balance?
- How often do you get anxious or nervous about things?
- When do you plan to rest?
- Describe your next steps based on what you've learned. How can I help?