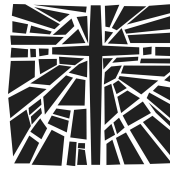
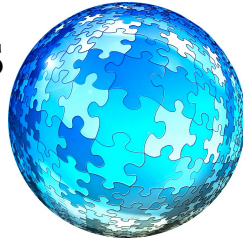


PASSPORT TO WHOLENESS

Part 2 *Sabbath*



This day
is holy.
Nehemiah 8:9

What prevents you from taking Sabbath? What are your challenges or fears?

What has been your experience of Sabbath?

How do you think honoring the Sabbath would bring wholeness into your life?

Read Deuteronomy 5:12-15 and Exodus 20:8-11
Do you think this is a command for us today?

Read Hebrews 4:1-13
What does this passage mean and what does it say to you?

Do you currently have a day of Sabbath when you completely rest from work (including work-related emails, texts, and social media)?

Considering your unique character, what things would bring you life on your Sabbath? What things drain you?

What do you think “keeping it holy” means?

For your “passport” what do you want to do in regards to Sabbath? How can you plan ahead so you can embrace Sabbath rest?

If Sabbath is a gift what is inherent in this gift and what do you see as the benefits?

Pray for one another.



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is holy.
Nehemiah 8:9

What prevents you from taking Sabbath? What are your challenges or fears?

How do you think honoring the Sabbath would bring wholeness into your life?

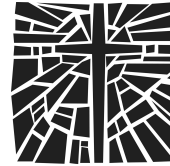
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