



# VALLEY REAL LIFE

Ruthless Elimination of Hurry | Sabbath

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## Last Week

Did anyone take Dan's challenge? If yes, tell us about it.

## Opener

What do you do to "really" rest?

## Questions

Have you ever taken time to unplug? No electronic stimulus, or interruptions, just you and your thoughts?

Of the 7 types of rest Dan described which one(s) do you need to focus on? Physical, Mental, Sensory, Creative, Emotional, Social, or Spiritual?

Why do you think God put the honoring the Sabbath as one of the ten commandments?

What would it take to create a weekly Sabbath in your life? What steps could you take?

Apply SOAP [Scripture, Observation, Application, Prayer] to:

*Hebrews 4:1 (NIV)*

*Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.*

- Read the verses out loud together
- Share your observations
- Discuss Application
- Close in Prayer

## Next Steps:

Identify one of the 7 areas you know you need help finding rest in. Put together a plan on what it would take to achieve this.