



## **Week 1: Sabbath**

- Take the next three minutes and try not to think. Focus on the word “breathe.” When you get sidetracked, just say “breathe” over and over again.
- When you hear the word “soul,” what thoughts or images come to mind?
- How does it feel to know you’re made in God’s image, with a soul?
- Someone give your definition of Sabbath. Why is Sabbath important for your soul?
- How have you experienced Sabbath (true rest) in your life?
- What are some things that you *think* will give your soul rest, but actually make you more tired and worn out?
- Read Psalm 62:1–2. What does it seem like David is feeling at the moment he’s writing this?
- We talked about two action steps today: connecting to God by (1) being in nature and (2) praying to Him. On a scale of 1 to 10, how are you already doing at those things? What could you do better?
- How can we pray for you this week?