



Going Deeper Questions  
Repurposed  
Brynn Harrington 04/24/2022

**Sermon Scripture Passage**

Matthew 11:28-30

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**Fun icebreaker question**

What was your favorite playtime activity as a kid (or one of them)?

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**Discipleship Cycle: Debrief & Interpret**

How did your waste fast go a few weeks ago? What did you learn about yourself? What habits did you notice? What was difficult or surprising? How did God speak to you?

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**Quick Review: What stood out to you from this week's passage?**

Looking back at your notes from this week's passage and sermon, was there anything you heard for the first time or that caught your attention, challenged or confused you?

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**My Story**

1. Read Genesis 2:2-3. According to Scripture, why was the seventh day declared holy? What are the implications of this declaration?
  2. How can the Sabbath provide a rhythm or pattern that can order our days? Why is that important with the way the world is right now?
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3. Sabbath is a day for rest, play, and worship. What competing forces threaten your sabbath? What needs to be declared, decided, omitted, or prepared in advance for you to begin practicing the sabbath (or grow in this practice)?

4. Are you running on empty or well rested in God? Are there red flags in your schedule or your family's schedule? What can you do to address areas where you are overcommitted?

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### **Dive Deeper**

1. Read Matthew 11:28-30 and imagine Jesus saying these words to you. Where in your life are you "weary" or "heavy-burdened"? What is Jesus' invitation to you, personally, in those areas?

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### **Discipleship Cycle: Respond Actively**

[What is one way that you \(and your family\) can rest together this week? Look in the "Repurposed" Guidebook for ideas!](https://www.highrocknorthshore.org/sites/default/files/Repurposed-Guidebook-Lent-2022.pdf)

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### **A special question for couples and families**

What pressures might we put on our kids for them to perform or over-work? What are they observing in our own tendencies? How can we establish a good rhythm in our family for our kids? As parents, it can be hard to take a break from regular responsibilities. What does the Sabbath look like for parents when we need a break? How can our Lifegroup support one another in these practices?

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