

Soul Week 3: Sabbath

Flatirons Students // Feb 7th and 9th, 2021

Psalm 62:1-2

ICEBREAKER: What's your favorite Tik Tok catchphrase or Youtube series?

QUESTIONS:

1. Did you read Psalm 139 last week? What effects did that have on you?
2. What's your favorite pastime/hobby?
3. What is your spark/spice? What is the thing that inspires you?
4. What is your definition of Sabbath. (*rest in and with God*)
 - Why is Sabbath important for your soul?
 - How have you experienced Sabbath (true rest) in your life?
5. What are some things that you think will give your soul rest, but actually make you more tired and worn out?
 - Do you keep returning to those things?
6. Read Psalm 62:1–2. What does it seem like David is feeling at the moment he's writing this?
7. We talked about two ways you can find rest: connecting to God by (1) being in nature and (2) praying to Him. Do you feel like you do either of these well?
 - How can you do both of these better this week?

Pray: Ask for pray requests and pray over students.