



Small Group Discussion Questions

Blessed to Rest January 22, 2023

1. Describe a time when you felt truly rested.
2. Read Genesis 1:21–2:3. This is the only time in scripture God blesses something that is not a human being. Why do you think this language of blessing might be used on the day of rest?
3. Read Number 6:22–27. Why might God want all the people to be marked by his name using a blessing? How has God's blessing upon someone else helped you grow in your faith?
4. Read Matthew 5:3–11. In Jesus "blessed list" we find several circumstances that would not count as blessing from our present #blessed standards. What does each of these circumstances have in common in our relationship to God?
5. Read Matthew 6:25–33. How might Jesus' teaching on worry and the blessing of the sabbath rest connect together?
6. What is one area of your life in which the blessing of rest can help you let go and receive from God.