



1) Our culture tends to overwork, and never disconnect from their phone or the busy-ness of life. God created a sabbath for us, not Him. How can you incorporate the concept of sabbath rest into your life each day and each week?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the first question.

2) How will daily and weekly Sabbath Rest time make you a kinder more patient person? How will people in your life benefit from you and your actions if you take sabbath each week? Explain the joy that being rested brings?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the second question.