



RESTFUL *wednesday*
CONVERSATION CARDS



In the busyness of
our world, what
makes rest so hard?
What distractions
keep you from
resting?

As we think about the idea of a Sabbath, a day of rest to delight in the Lord, why is that so important? What kinds of things help you delight in Him?

Think of the last time you had a
really good, deep rest....what
made it so restful?

We are all unique in what fills
our bucket, what is your
favorite way to rest?

The Bible has many verses that reflect Jesus' desire for us to rest in him, like Matthew 11:28, why was it important for even Jesus to rest and refill his bucket?

Additional verses to read about rest:

Genesis 2:2-3, Hebrews 4:9-10,
Psalm 4:8, Psalm 23

How does knowing how much God sees you and loves you help you rest? Remember that we can always come to him weary and find rest in his presence!