



### How to use This Guide:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

### Our Main Idea:

Why aren't we content with what we have? The answer to this question is that something is missing from our lives, and what is missing matters. What's missing is a rhythm that has been established for thousands upon thousands of years. What's missing is a day of rest, a day when we make time to hear the voice of God.

### Key Questions:

- If possible, view Session 3 of the 24/6 Bible Study on Rightnow Media. It is 8 minutes long and can be found at [www.rightnow.org/Media/Series/2365](http://www.rightnow.org/Media/Series/2365)
- Read Exodus 16:21-30. What lessons was God trying to teach the Hebrew people when he provided them with manna?
- What does this story have to say about God's provision and your life?
- In the video Matthew Sleeth stated, "Sabbath reminds me that I don't need more wonders; I need a greater sense of wonderment." Give an example of a wonder you take for granted.
- How can too much or too little wealth threaten our faith and relationship with the Lord? How does the Sabbath bring perspective to this thought?
- Does your life feel like a run-on sentence? How?
- Why does God punctuate our lives with the Sabbath?
- Matthew Sleeth stated in the video, "It's not small talk but God-sized quiet that defines intimacy with the Lord." How could you build more quiet into your life?
- How can keeping the Sabbath allow you to get more done, not less?
- The Sabbath balanced the active and the holy parts of the life of Jesus. How can it do the same for you?
- What is one thing you would love to do on this week's "Stop Day" that you haven't done in a long time? Make plans today to do it!
- **What was your biggest take-away from the weekend message?**

### Next Steps

Identify and share your next steps based upon the study's theme.  
Finish your group time with prayer, asking God for help in living a 24/6 life.

#### Experience

Your Relationship with God

Slowing down and resting is a great way to connect with God. What steps will you take this week to simply listen? What do you need to stop doing?

#### Equip

Your Relationship with Others

Much of our busyness in life is because we try to meet the expectations of others. How can we help each other to slow down and create a sustainable and healthy pace for life?

#### Engage

Your Relationship with the World

We slow down one day each week so that we can become more effective on the other six days. Don't forget that we still are called to serve God and serve others. God comes first, so make sure you prioritize your other six days.