

**Margin - Week 6 - Make Room for Rest**  
**Scripture Matthew 11:28-30; Genesis 2:1-3**

1. Consider the Biblical invitation to rest and the command to honor the Sabbath.  
Matthew 11:28-30; Genesis 2:1-3
2. Reject the world's destructive philosophy that we must prove our worth by being busy.  
Philippians 3:18-20; James 4:13-16
3. Recognize the purpose and value of Sabbath rest.  
Mark 2:23-28
4. Accept Jesus' invitation to enter into his promised rest.  
Mark 6:30-32; Hebrews 4:1-11

Closing Thought: Honoring the Sabbath invigorates our experience of the Lord's presence and our assurance of His promise of salvation - allowing us to rest in Him.

**Life Groups & Taking It Home**  
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**Read Genesis 2:1-3**

In your life how have you viewed the Sabbath rest and God's command to honor it?

How can this command be less of a "religious obligation" and more of an invitation into relationship with our Lord?

**Read Matthew 11:28-30**

When have you most felt the Lord's invitation to rest from your burdens?

In what ways have you accepted the Lord's invitation to, *"Take My yoke upon you."*?

In what ways does the *"busy-ness"* of our culture interfere with your experience of the blessings of Sabbath rest?

What steps can you take to enhance your personal practice of *"keeping the Sabbath holy"*?

**Read Hebrews 4:1-11**

Allow God's promise of eternal rest to bring you hope to endure.