

INTRODUCTION

This week, we continue our series *Rhythms of Rest* with an interview with Lance Witt, author of *Replenish: Leading From a Healthy Soul*. Witt's book helps leaders focus on the back stage, the interior life, to remain spiritually healthy by prioritizing matters of the soul.

DISCUSSION

1. How has last weekend's message on the definition of Sabbath affected your weekly schedule? With your group, share thoughts or plans you've implemented or are thinking about starting.
2. What do you think of when you hear the word *replenish*? How does Lance use this word as it relates to the Christian life?
3. What was one thing you took away from the interview? How can you use it in your own life?
4. Make a list of things you can pray for your group, church and church leaders and spend an extended time in prayer.

TAKE ACTION

1. Set aside time this week to Sabbath. Plan ahead to eliminate conflicts and distractions, and journal about it afterwards.
2. **Read Mark 2:27-28, Exodus 20:11, Luke 6:1-11**, and think about what Jesus did on the Sabbath.
3. In your Sabbath time, work through the statement below you most struggle with:
 - Sabbath is a reboot button that clears out the junk.
 - Sabbath pulls our identity away from working, producing and doing.
 - Sabbath pushes us to trust God keeps working when we stop.

RESOURCES

prairielakes.org/sabbath

Replenish: Leading from a Healthy Soul by Lance Witt

Breathe: Making Room for Sabbath by Priscilla Shirer

Soul Rest by Curtis Zachery

The Sabbath by Abraham Joshua Heschel

The Rest of God: Restoring Your Soul by Restoring Sabbath by Mark Buchanan