

Applications For Life Transformation:

1. Read Genesis 2:1-2 & Exodus 20:8-11 and share what stands out to you in these texts. Discuss God's original intent and discuss your life today.
2. Do you have a healthy work ethic? Balance of work, rest, and family friends?
3. Do you feel rested in mind, body, and relationships?
4. Do you have time to feed you soul on Sundays in worship/teaching and grow in relationships and service with a smaller "house church" we call Life Groups?