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## MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

### FENCES

#### Week 1 – A Fence of Rest

##### ICE-BREAKER:

Do you remember climbing any fences when you were a kid? What was the purpose of that specific fence...to keep you in, or to keep you out?

##### DISCUSS:

So many people today are addicted to adrenaline, panic ridden, and overcome with anxiety. They are overloaded and overwhelmed. Have you ever felt like this? What caused it?

Do you believe this is the life God has wants us to live?

**READ:** *“By the seventh day God had finished the work he had been doing; so **on the seventh day he rested** from all his work. Then God blessed the seventh day and made it **holy**, because on it he **rested** from all the work of creating that he had done.” - Genesis 2:2-3 (NIV)*

Why would God need to rest on the seventh day?

**READ:** *“Remember the Sabbath day by keeping it **holy**. Six days you shall labor and do all your work, but the seventh day is a **Sabbath** to the Lord your God. On it you shall not do any work... For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day.” - Exodus 20:8-11 NIV*

Do you view this as a command or a suggestion? Is it still relevant today?

Would you consider yourself a sabbath-breaker or a sabbath-keeper? Please explain.

**READ:** *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your souls. For my yoke is easy and my burden is light.” - Matthew 11:28-30 (NIV)*

Does Jesus' invitation appeal to you? What prevents more people from accepting it?

##### APPLY:

If you lived the next six years like you lived the last six days, where would you be?

Has this message changed anything in regard to your views on sabbath keeping?