

APRIL 2-APRIL 8: READ CHAPTER 6.

After reading chapter four, be prepared to answer the following questions with your small group:

On a scale of 1-10, how busy are you and where on the scale would you like to be?

What is one practice you do daily/weekly that helps you stay connected to God?

Ten Commandments and Sabbath characteristics.

FAQ'S given to the group leader.

What activities, places and or people create rest and delight for you?

NOTES: _____

