



## **Sabbath Healing**

1. What activities or settings do you find most restful? How easy is it for you to carve out a day of rest in your week? Has this changed during the last 6 months?
2. How might we offer support to those who struggle with finding a day of rest?
3. To what extent do you feel this idea of communal rest is possible in our society today? How might we adapt church life to enable a communal day of rest to happen more easily?
4. What kinds of 'therapy' do you have experience of or have you found helpful? To what extent do you think we might encounter the holistic, healing power of God through these different methods of therapy?
5. What kind of therapeutic healing might Jesus be calling you forward to receive from him in your life?