



R E D E E M E R
ANGLICAN CHURCH

FELLOWSHIP GROUP DISCUSSION QUESTIONS

SEASON: Eastertide

SERIES: Rest for the Weary

TEXT: Exodus 20:8-11

SERMON: The Comfort of Rest

1. Who has served as a 'non-anxious presence' in your life? What about their life, behavior, or habits do you admire?
2. What are ways that we can serve as a non-anxious presence toward our neighbors?
3. This week, the sermon closed with a prayer that asked for the ability to put away "all earthly anxieties." What are practical ways your life would look different if you truly put away *all* earthly anxieties?
4. Describe a time you observed a day of rest. What were the benefits? What was challenging?