



R E D E E M E R
ANGLICAN CHURCH

FELLOWSHIP GROUP DISCUSSION QUESTIONS

SEASON: Eastertide

SERIES: Rest for the Weary

TEXT: Amos 8:4-12

SERMON: The Clarity of Rest

1. Can you think of a time when you experienced satisfying rest — physically, mentally and spiritually? What was present (or absent) that made that rest particularly meaningful?
2. What are practical ways we can “close out the browser tabs” in our minds and hearts so that we can rest?
3. What does Jesus’ perfect example in Luke 5:15-16 teach us about sabbath rest?