

WELCOME TO EMMAUS

11.7.21

Gathering #866/Livestream #86

Season: Pentecost

Series: FULL Sermon: Restful

Illusive Rest

Sabbath Overview

- Sabbath means _____
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Jesus heals on the Sabbath (Mark 3)

Sabbath Wisdom for Today

WHAT'S NEXT?

New to Emmaus next Sunday (11/14)

10:30-11:30am following the gathering.

Sign up online @ emmaus.church

November 14: Women's Coffee

Join us for coffee and conversation at FourScore Coffee in Roseville, 11:30 to 1:30! \$10 includes brunch and a specialty coffee drink!

Sign up at Emmaus.Church/events/signups.

discuss & respond:

- What drains your mind, body, and soul?
- What fills your mind, body, and soul?
- What stands out to you most about sabbath rest?
- Talk with your group about Sabbath wisdom that is currently implemented in your life? is there are current day of the week you set aside? Help each other.
- What Sabbath (restful) rhythm do you want to practice?
- Melissa talked about how many have an arrested development when it comes to rest. What is difficult for you when it comes to rest?
- What's your main "take away" from this sermon?



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