

Healthy Habits: The Art of Abiding

1. Would you say that you presently live in a healthy, sustainable rhythm of work and rest? Explain.
2. Read Genesis 2:1-3. What is the purpose of the seventh day? Why is it included in the creation story?
3. Read Exodus 20:8-11. How does God support the fourth commandment? Why?
4. Read Hebrews 4:1-13. What is the Sabbath ultimately pointing to?
5. Read John 15:1-11. How does one abide in Christ?
6. What is meant by bringing fruit? When is your life fruitful?
7. How does abiding in Christ influence your fruitfulness?
8. What are you going to do next week to grow in fruitfulness?