



Rock Church

Pastor Mario Montoya | Rest | January 24, 2021

### **D12 Monthly Focus for January: Desperately seeks face-to-face intimacy with You**

1. God blessed rest. In your group, read Genesis 2:2-3: “By the seventh day God had finished the work He had been doing; so, on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.”
  - QUESTION: Do you have one day out of your week that is set apart to just rest?
2. Rest takes practice. Exodus 20:8-11 says, “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.”
  - QUESTION: Is it easy or difficult for you to practice “resting,” not doing anything work related?
3. Rest takes faith. In Exodus 16:23-30, He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So, bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’” So, they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. “Eat it today,” Moses said, “because today is a sabbath to the Lord. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.” Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, “How long will you refuse to keep my commands and my instructions? Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” So, the people rested on the seventh day.

- QUESTION: What things has God shown you as you continue to trust Him during your times of rest?

**This Month's Memory Verse:**

“That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death.” ~Philippians 3:10 NKJV

**This Week's Bible Reading / The Bible Project Videos:**

Proverbs 3-4: <https://bibleproject.com/explore/video/proverbs>

Exodus 16-34: <https://bibleproject.com/explore/video/exodus-1-18>,  
<https://bibleproject.com/explore/video/exodus-19-40>

**Next Step:**

Text RESET to 52525 or visit [www.sdrock.com/reset](http://www.sdrock.com/reset) for next steps and resources.