



ANTHEM TRIBE TALKSHEET

"What is the Sabbath?/ How Do I Find Rest?"

SCRIPTURE:

- Hebrews 4:9-11
- Matthew 11:28-30

MAIN POINTS:

- We see God best, when we find rest in Him
- The enemy's goal is to keep you distracted.

GOAL OF TRIBES:

- To help students understand the importance of rest.

CHALLENGE YOUTH THIS WEEK:

- Set intentional alone time once a week with God to find rest in Him.

DISCUSSION QUESTIONS

- What's been the best part of your summer so far?
- Do you like being busy or does being busy stress you out?
- What does finding rest look like in your life?
- What do you think finding true rest means?
- Jordan talked about how we can see God best when we find rest in Him. How have you found rest in God before? What are some ways you can start finding rest in God?
- The enemy wants to keep you distracted. What distractions do you need to remove so you can see God and life clearly?