



Welcome to Week Two of Faith @ Home!

Young people asked us to create these Bible studies which could be used throughout the November lockdown. We will be posting them on Instagram on Mondays, Wednesdays and Fridays. However, if a young person does not have access to Instagram then please pass this document onto them. They can be used individually or you might even like to use them as a family! **Day 3 of each week is designed especially to be used as a family** if you think this would be helpful! You might like to find a time on a Friday evening or over the weekend to work through the third session with it's reading, video and discussion questions.

Day One (Monday/Tuesday)

READ:
Genesis 2:1-3
As you read, ask yourself:
What is the purpose of Sabbath?

WATCH:
"Faith @ Home Videos" Link in bio

ACT:
Find an hour today to "move in" - to be present, unplug from technology and find joy.

Day One: Moving In

Video link: <https://youtu.be/R6GSiSKpPnA>

Day Two (Wednesday/Thursday)

READ:
Exodus 16:1-36
As you read, ask yourself:
In the Bible- work is seen as a positive thing! In Genesis God placed humankind in a garden "to work it and keep it". As you read today's passage, why do you think God commands us to rest from work?

WATCH:
"Faith @ Home Videos" Link in bio

ACT:
Same as Day One! Find another hour today to "move in" - to be present, unplug from technology and find joy.

Day Two: Trust

Video link: <https://youtu.be/nQp9WsOoZFo>

Day Three (Friday/Weekend)

Day 3 can be done with family or friends if you like!

READ:
Matthew 11:28-30

WATCH:
"Faith @ Home Videos" Link in bio

DISCUSS & DO:
Questions & Activities in description!

Day Three: Rest

Video Link: <https://youtu.be/qLFbJqYczRo>

Discuss:

- (1) How does time with Jesus speak to your soul and give you rest? (Can you think of any examples of when you have experienced this?)
- (2) How do you make time to come to Jesus? How could you make more time?
- (3) How are you weary at the moment? What is burning you out? What is causing stress and anxiety in your day?
- (4) How could you add Sabbath rituals into your family life, moments where you come offline, refrain from work (and talk of it) and simply be present and find joy in God's creation - seeking his presence together?

Do// Plan to implement a new Sabbath practice next week, start small (perhaps its a walk and brunch with no phones or talk about work?)