



AN INVITATION IN THE INTERRUPTION Psalm 127:1–2

CONNECT

1. How has the COVID-19 pandemic impacted or disrupted your routine? What have you found most frustrating?

CELEBRATE

2. Think back to what you know of Jesus' life and ministry. What are some examples of God using an interruption as an opportunity for Him to work?

3. In your current circumstances, how have you seen God at work in the interruption?

4. When was the last time you experienced silence or solitude? Why do you think it's so difficult for us to follow the example of Jesus in this area?

5. What would it look like for you to lean into the rhythm of Sabbath? What would you have to say no to in order to clear space to stop, rest, delight and worship? What might the benefits be?

6. Read Matthew 11:28–30. What makes your soul weary? What would it look like for you to accept the "easy yoke" of Jesus?

CONTRIBUTE

7. How would walking at the pace of Jesus impact your relationships with family, friends, neighbors and colleagues? How could you accept God's invitation to be more present and proximate?