



CHECK THE GAUGES

*The Physical Gauge*  
September 3, 2023

If there was a gauge that could show how you are doing in various areas of your life, where is your physical gauge sitting right now?

Do you have a regular routine that includes rest? What do you do to “fill your tank” when you start to feel like you are close to empty?

**Read Genesis 2:2-3, Exodus 20:8-11 and Exodus 34:21**

What do these scriptures teach us about God and His value for rest?

God made the Sabbath day holy. What does it look like for you to keep the Sabbath holy?

**Read Mark 2:23-24 and Mark 2:27-28**

Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. What does this mean in practical terms? What guidance does this give us as we prioritize rest in our lives?

How do you define margin? How do you measure the margin that you have in various areas of your life?

**Read Proverbs 16:26, Proverbs 20:13 and Ecclesiastes 5:12**

What is the relationship between work and rest? Why are each important?

**Read Mark 6:30-31 and Matthew 11:28-30**

What did Jesus model for us about rest? Can you honestly say that Jesus is your rest?

Read 1 and 2 Timothy for next week. Schedule a day of Sabbath into your coming week and be prepared to share with someone how it affects the quality of your work and ministry.