



1. On a scale of 1-10, how well do you generally REST?
2. On a scale of 1-10, how much of a “workaholic” are you? Be honest.
3. What would it take for you to regularly have a weekly sabbath?  
What is 1 step that you take this week to get there?
4. What would “Pleasure Stacking” on a sabbath day include for you?  
Activities/Places to go/Things to eat that when you do, it would give you life?
5. Exodus 20:10 says, “The seventh day is to be a sabbath to the Lord your God.”

What have you, or would you like to, include in your sabbath to accomplish this verse in it?