



Inter-European Division - Sabbath School Ministry
Outline for Sabbath School Teachers with ideas for group discussion inspired by the Teachers' Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.

Lesson No. 01 **26 June – 02 July 2021**
Title: **Living in a 24/7 Society**

Pastoral Group Objectives

Plan to contact and visit all the members of the group this quarter, firstly the elderly, those who are alone, suffering or who have lost a loved one. This is especially important at this time when many feel isolated.

Let's Share the Word

Key Texts: **Genesis 2:1-3; Exodus 8:11; 2 Samuel 7:12; Mark 6:30-32; Psalm 84:2; Genesis 4:1-17; Jeremiah 45.**

Themes to Explore

1. The Creator always had rest in mind, before sin, before we were tired: from the beginning through eternity!
2. Today more than at any time we need to make rest a condition we continually seek.
3. In the Bible we read about rest from work, spiritual rest, rest from sin. We also read that death is rest.

Suggestions for Teaching and Spiritual Objectives:

Learn and share the values that are behind the concepts of rest, ceasing, total abandonment to faith in God.

Possible Questions for Deeper Study, Sharing and Application:

1. What is for you the best kind of rest possible?
 2. Why did God establish the day of rest, bless it and sanctify it, before we were even tired?
 3. What kind of rest do you feel you need the most? How do you organise and spend your moments of physical and spiritual rest?
 4. What kind of witness and role models do people need in order to find the rest that they don't manage to experience?
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Personal Testimony and Church Mission:

Identify someone who hasn't been able to find peace, think about how you can help them.