



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. 04 **17 - 23 July 2021**
Title: **The Cost of Rest**

Pastoral Group Objectives

Welcome, listen to needs and pray over the requests expressed by group members.

Let's Share the Word

Key Texts: **Psalm 51:10; 2 Samuel 11 & 12:1-23; Genesis 3:1-8; 1 John 1:9.**

Themes to Explore

1. Resting our whole being, body and mind has a cost: humility, repentance, confession and conversion.
2. Sin, in whatever form, is the woodworm of life; it corrodes. Even if it is not perceived consciously, it takes away rest.
3. Rest is time that is essential for the quality of life; it regenerates the entire being. Educating people in this is a **mission**.

Suggestions for Teaching and Spiritual Objectives:

Discuss the destructive effects of concupiscence, licentiousness and the steps to take to restore rest.

Possible Questions for Deeper Study, Sharing and Application:

1. A part from adultery and murder with what other profound and intimate evil was David contaminating himself?
 2. Why does sin, in every form, take rest and peace away and separate us from God? What mechanisms act in us?
 3. When we are infected with sin what attitude do we need to seek first to have in ourselves?
 4. How can we become bearers of a culture of morality, rights and lawfulness/legality that facilitate rest and faith?
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Personal Testimony and Church Mission:

Reflect on how to transmit in practice the rest of forgiveness and reconciliation studied this week.