

# Quest Connect Groups

Quest Connect Groups meet each week to discuss the message from Sunday, encourage each other, and grow in faith together.

*Stop by the information center or visit our website for a list of groups, contact a host and make the connection this week.*

*Childcare is available at the church for Wednesday night groups.*

**Register online by midnight Sunday** for childcare service this Wednesday

1. If you could spend a day doing anything you wanted, what would you do? How would that day look and feel? When was your last day off?
2. When you think about a day devoted to doing nothing, focusing on rest and simplicity, how does that make you feel? How often do you allow yourself or even schedule yourself to have a day like this?
3. Have you ever worked so much that you burned out? What was your experience? What caused your drive to work that much?
4. Read **Mark 2:27**. What do you think Jesus meant by this? What would taking a Sabbath or a “Stopping – day” look like for you? What day of the week would it be?
5. Pray for your group. Ask God for strength and boldness to pick a “Stopping-Day” for the rest of 2024.

## The Quest Church

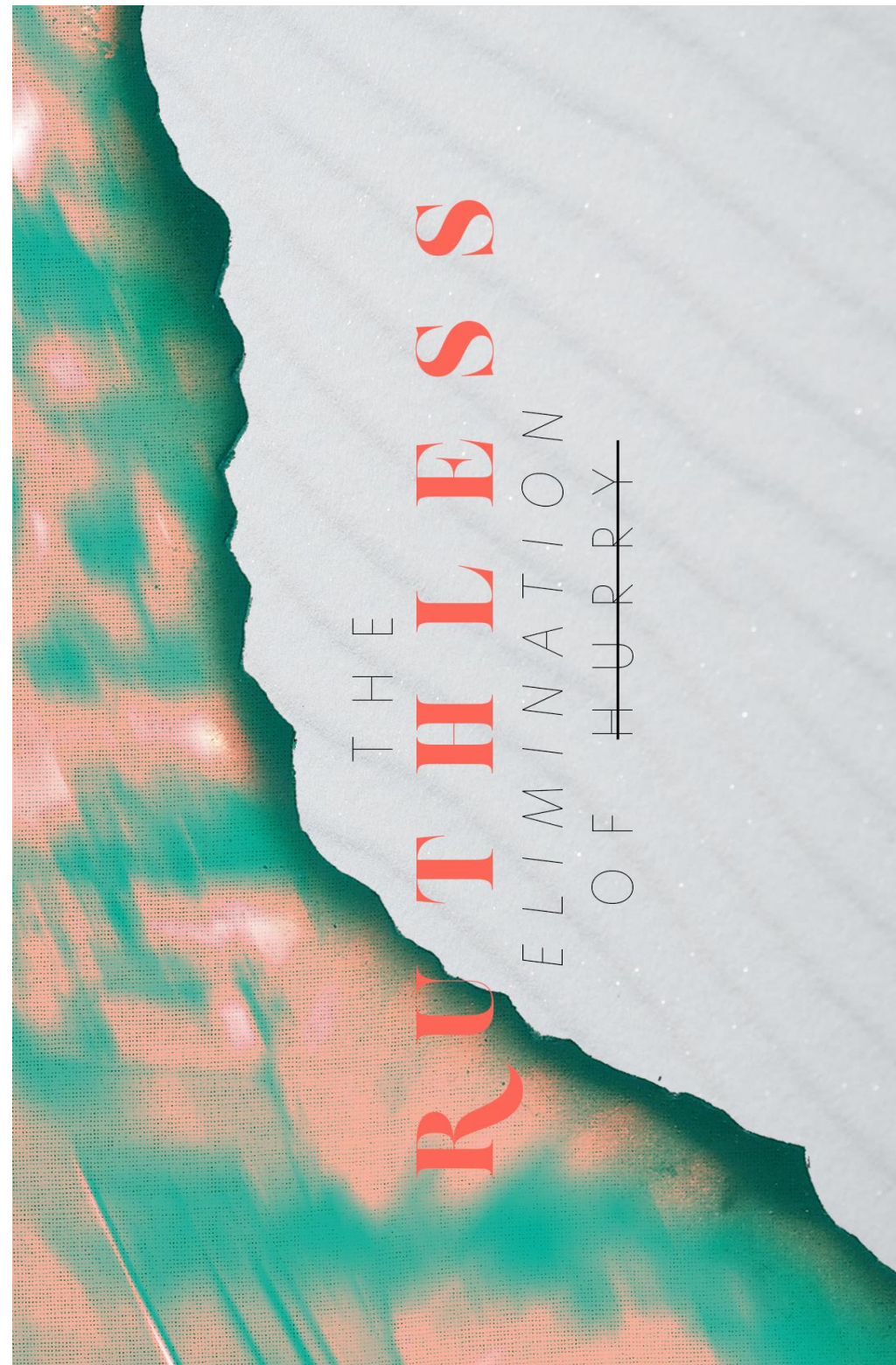
*We exist to proclaim the Good News and offer help for life's hurts.*

**[www.thequestchurch.com](http://www.thequestchurch.com)**

**6107 I-30W / PO Box 1207 Royse City, TX 75189  
972.635.7222**

**Sundays @ 8:30am, 10am & 11:30am**

**February 11, 2024**



# Ruthless Elimination of Hurry -4

## The Stopping Day

**Matthew 11:28-30**

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the sabbath day and set it apart as holy.”

**Exodus 20:8-11**

1. The Sabbath is a non-negotiable \_\_\_\_\_  
from God.

2. The Sabbath is \_\_\_\_\_.

**Genesis 2:2-3**

3. The Sabbath is \_\_\_\_\_.

\*\*\*Next Step Reading: Mark 2:23-3:6\*\*\*

\* View messages with the Quest App – “thequestrc” or online at [www.thequestchurch.com](http://www.thequestchurch.com)

## Next Sunday @ The Quest



Wedding vows are more than a declaration of love – they hold the keys to a strong, lasting marriage. Whether you hope to get married someday or you’ve already tied the knot, discover what *The Vow* can mean for the future.

## Join Us @ The Quest for

**TeenQuest for HS & JH Students**  
Sundays, 6-8pm @ The Quest

**Discovering Baptism Seminar**  
Sunday, February 18 @ 10am in the Lower Room

**Quest Church Married Life Conference**  
February 23<sup>rd</sup> – 24<sup>th</sup>

## Coming to The Quest

**Sundays @ 6pm – TeenQuest for HS & JH Students**  
**Mondays @ 6:30pm – Re:generation Recovery Group**

Feb 11 – No TeenQuest

Feb 11 – Panama Meeting, 10am

Feb 18 – Discovering Baptism Seminar, 10am

Feb 18 – Philippines Meeting, 10 am

Feb 23 – 24 – Quest Church Married Life Conference

Feb 25 – Quest Baptism Celebration

Feb 25 – Discovering The Quest, 10am

Mar 05 – Quest Prayer Focus, 11am

Mar 24 – Discovering Connect Groups, 10am

Mar 24 – Discovering The Quest, 10am

Mar 30 – Easter Gatherings @ the Quest, Sat. 6pm

Mar 31 – Easter Sunday Gatherings, 8:30, 10:00 & 11:30am

**Text Giving Available – Text “thequestrc” to 833.420.4255**