

RESET BUTTON



Part 1: Get In Rhythm

How many Mondays do you wake up tired, stressed out, and just trying to find the energy for another week? For many of us that's normal, which means it's time for a new normal. Jesus teaches us that rest isn't just a luxury but a way of life.

Scripture: Hebrews 4:1-11

Discussion Questions

Our Life Groups ministry takes a break through the months of July & August.