

CONNECT



Are you in a Connect Group?

Why do I need to be in a Connect Group?

God never called us to go deeper alone. He created us to be in community with others who can encourage and stretch us in our relationship with Him.

How are we incorporating Connect Groups?

Throughout our 2026 initiative, each Sunday there will be time set aside in Connect Groups to talk about growing deeper with Jesus.

How do I find a Connect Group?

If you have not already, join and be consistent in a Connect Group here at Mobberly. A list of groups can be found at the link below.

[Mobberly.org/groups](https://mobberly.org/groups)

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Connect Group Accountability Questions: Sabbath

July

1. Did you take the sleep challenge and “Nap for Jesus” this month? What was that like?
2. How did rest impact your relationship with God and others?
3. What challenges did you face in trying to rest?
4. How are you memorizing this quarter’s verse? Who are you including in your plan?

August

1. What did your Family Fun Day look like this month?
2. Did you feel any guilt or resistance about taking time off?
3. How will you prioritize dinner as a family this month?
4. What activities helped you feel most refreshed and renewed?

September

1. When was the last time you spent intentional time in silence and solitude?
2. What boundaries do you need to set to protect your rest time?
3. How did you experience God’s presence during your Sabbath?
4. How can you prepare better for Sabbath in the coming week?
5. What is one thing you learned about God or yourself through rest?