

## **AIC Update**

### **RE: Move to CAIS**

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Please note the following important updates regarding our move to CAIS in Lai Chi Kok.

- Last Sunday at APSW will be **23 Oct**
- Soft-Launch period (**30 Oct - 20 Nov**)
- AIC public opening date at CAIS: **27 Nov**
- We need your help with the physical move, ministry move, and the office move.

### **EHS: Emotionally Healthy Spirituality**

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**What is the Sabbath?** Sabbath comes from the word “Shabbat” which means, “rest or cessation; ceasing from work.” It is important to understand we are not under the law of the Sabbath. We are under the law of Christ. Jesus said the Sabbath was made for man, not man for the Sabbath. So, the Sabbath was given to protect us, give us rest, and help us reorient our hearts and lives around God. It’s not meant to be a burden or a law, but rather a blessing. And it is God’s design for us.

- 1) Sabbath is an act of d\_\_\_\_\_.  
(Exodus 16:21-30)
- 2) Sabbath reminds us of God’s p\_\_\_\_\_.
- 3) Keeping the Sabbath is an acknowledgment of the \_\_\_\_\_ that God has placed on our lives.

## **EHS: Small Group Discussion**

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Read Exodus chapter 16 together. After reading the whole chapter, focus in on verses 19 - 30.

- 1) In verse 19-20, how were the people disobedient and what did it say about their hearts and their faith?
  - 2) Why do you think the bread decayed in verses 19-20, but not in verse 24? What is the difference?
  - 3) What is the overall purpose of this passage? What was God communicating to the Israelites and what can we take away from this passage for ourselves?
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### **Do you feel rested? (Small group discussion)**

- 1) Ask a few people to share how they set aside a day, or at least a part of a day each week to genuinely rest, enjoy their family, and focus on God outside of Sunday morning at AIC.
- 2) Ask a few people to share if they don't take time to rest or have a "Sabbath." What keeps them from scheduling a day or time?
- 3) Does anyone in the group feel they cannot afford to give up any time because they are just too busy? We all have very different lives, schedules, and our ups and downs in life. So, there is no place for judgment here. However, is it possible that any of us in the group are not trusting in God's provision and are not trusting in God's design for our lives to have times of rest?

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Finish by reading Mark 2:23-27. Pray for each other to have faith in God, and ask God to help us and our families find a time of genuine rest in Christ.