

Rest - A Call to Live Rested

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REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will live in the constant care and protection of the Good Shepherd.
- Instead of worrying I will pray and ask God to take care of me.
- I will not try to get some external circumstance to bring soul satisfaction.
- I will schedule a time to rest this week.
- I will fast from noise, providing space and time for God to speak.

THIS WEEK'S SERMON RECAP

In our culture, we're often pressured to fill our schedules with more than is healthy. We live with the "fear of missing out" and find ourselves praising multi-tasking as a valuable trait. In this message we look at some practical ways Jesus himself needed to rest, and learn from him to become healthier and less stressed.

DISCUSSION QUESTIONS

1. God rested on the seventh day when he had finished the work of creation. Why do you think he rested?
2. Does rest affect how you interact with others or how you handle difficult situations? Can you share the differences with the group?
3. We live in a culture where we are expected to work as hard as possible and productivity is valued. When resting can be viewed as something of lazy people or a luxury, how do you reconcile God's command for us to rest on Sabbath?

4. God said, “Remember to observe the Sabbath day by keeping it holy. (Exodus 20:8)”
The word holy means set apart. What can we do to make our Sabbath day holy?

5. What did Jesus mean when he said, “the Sabbath was made for man, not man for the Sabbath.”?

6. For six days we work hard for survival on earth: for food, security, advancement, children, success, purpose, etc., then on the seventh day, God wants us to rest from our regular day’s work and join in with him in reflecting and enjoying his creation. The “rest” that God wants us to have is an invitation to communion with God. In addition to attending worship services on Sundays to get spiritually nourished, how else would you respond to that invitation?

NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

- I will rest on a weekly basis.
- I will read the gospel of John, reflecting on the life and teachings of Jesus.
- I will take time to reflect at the end of the day.
- I will engage in an activity that recreates me.

SCRIPTURE REFERENCES

- Exodus 20:8-10
- Genesis 2:2-3
- Mark 2:27
- Genesis 1:31
- Matthew 13:13
- Job 37:3-6
- Exodus 20:8

Prayer Request(s)
