



Notes | May 26, 2024

## How Do I Get Real Rest?

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We love to work, right? Well, we at least feel the pressure to love work! Most of us are overworked—spending way too much off-time doing *something*. We take vacation to get away from responsibilities, only to come back more exhausted. Or, we don't take any vacation so we can keep powering through projects, success, and goals. However, that's not *who* we're called to be. God tells us to rest and gives a whole day to it: the Sabbath! Sabbath is all about stopping to delight in the goodness of God, to find rest in Him. Even God took a day to stop and delight in the creation of the world! So, let's talk about how to Sabbath!

### Key Scripture | Exodus 16:23

*This is what the LORD commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'*

### Related Scriptures

Genesis 2:2-3, Exodus 5:1-5, Exodus 16:23, Exodus 20:8-11, Matthew 6:11, Deuteronomy 5:15, Matthew 11:28-30

### Icebreakers:

Q: How do you like to rest?



## Key Thoughts and Reflections:

### I. Sabbath is in our nature.

Q: What makes you feel rested? Why?

Q: Why do we struggle to rest? How can you make rest your routine?

Q: How do you think Jesus would find rest in our culture today?

### II. God is our provider.

Q: How has God been your provider?

Q: What does He provide to you in rest?

Q: Sabbath breaks *provider* from our title and places it back on God. What mindset, title, or habit does Sabbath need to break from you?

### III. God is our rescuer.

Q: What has God rescued you from?

Q: How can you bring honor, glory, and gratitude to God through the way you rest?

Q: What does your soul need rest from? How will you rest on your Sabbath?

## Get Practical

We've talked about the true source of rest: Jesus, but let's make Sabbath *super* practical:

- Pick your Sabbath day. Most people pick Sunday as their Sabbath day; but if Sunday is your workday, pick another day! You want to pick a day where the WHOLE day (or most of it) can be spent in rest.
- Prep for your Sabbath day. Before your Sabbath, catch up on all work, chores, or projects so your Sabbath is truly a rest day!
- Live the day. How you spend your Sabbath is basically up to you! Spend time with your family, on a hobby, in Scripture or prayer, or however else you find rest and joy. And remember, it doesn't have to be perfect.