

# groups.

— Notes | May 25, 2025

## Work and Rest

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As followers of Jesus, we know that every part of life matters to God—including our work and our rest. Our jobs take up much of our time, and scripture makes it clear that rest is just as important. What if breakthrough in these two areas—how we work and how we rest—is one of the most powerful ways we can experience the fullness of life in Christ? Work and rest aren't enemies; they're partners. When held in the right tension, they give meaning to one another. Without meaningful work, rest feels empty. Without true rest, work loses its purpose and power. God has designed a rhythm for both—and when we learn to live in that rhythm, we find deep purpose, fulfillment, and peace.

## Key Scripture | Acts 17:28

"For in Him, we live and move and have our being."

## Related Scriptures

— Genesis 1-3, Colossians 3:17, Colossians 3:23, Exodus 20, 34, Mark 2:23-27

## Icebreakers:

— Q: What was your very first job?

## Key Thoughts and Reflections:

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### I. God made you to work.

Q: How does it change your perspective to know that work existed before sin—and that God designed you to work as a reflection of His image?

Q: In what ways might your job feel broken right now—and how can you shift your mindset to “whatever you do, do it for the Lord”?

Q: Have you been equating your job with your purpose? What would it look like to find purpose not in *what* you do, but in *who* you do it for?

### II. God made you to rest.

Q: How seriously do you take God’s command to rest—and what would it look like to treat rest as a gift instead of a suggestion?

Q: What boundaries do you need to set in order to stop producing for your vocation and truly be refreshed?

Q: Where in your week can you intentionally stop, unplug, and let God fill you back up?

### III. Rest is an overflow of trust.

Q: What does your willingness—or reluctance—to rest say about your trust in God’s provision and control?

Q: How can you begin to make your rest not just physical but spiritual—an act of worship to the Lord?

Q: Are you using rest to refuel for God’s mission, or have you slipped into simply living for your next break?

## Get Practical

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This week, take one intentional step to recalibrate your rhythm of work and rest. If you identified with the first group—as someone who idolizes work—plan a true Sabbath moment: block out a portion of time to stop producing and simply be with God. Let Him refill you. Put the phone down, close the laptop, and invite Him into your rest. If you resonated with the second group—as someone who’s pulled back too far from meaningful work—ask God to give you fresh vision for how your work matters. Start each day this week by saying, “*Whatever I do today, I’ll do it for You, Lord.*” Whether you’re resting or working, let this week be a reset toward trust and purpose.