

# groups.

— Notes | June 1, 2025

## How to live out the rhythm of work and rest in my relationship with God.

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A lot of times we get stuck in the tension of work and rest. We equate work for Jesus and checking things off to being close to Him. We view spending time with Jesus as important but not nearly as productive as checking things off. The truth of the matter is, the more time we spend with Jesus, the more our actions follow suit. The more rest we find in our relationship with Him, the more our heart is motivated to serve Him!

### Key Scripture | Luke 10:38-40

Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" Martha, Martha," the Lord answered, "you are worried and upset about many things.

### Related Scriptures

— Romans 8:15

### Icebreakers:

— Q: If you could binge watch one tv show what would it be?

## Key Thoughts and Reflections: \_\_\_\_\_

### I. The table is where work happens. The couch is where connection happens.

Q: What are a few table habits in your life (meaning what are a few items in life you do daily for productivity that bring you fulfillment)? Do you find satisfaction in them?

Q: How do you define rest?

Q: Do you have any restful habits that you find bring you peace?

### II. When it comes to your relationship with God, the couch is better than the table.

Q: Read the above Scripture. Mary and Martha were wired very differently. Do you find it easier to work or to rest?

Q: Culture tells us that “doing” for people is more valuable than being with them. Do you agree or disagree?

Q: Can you think of someone in your life that models resting in Christ well? What does that rhythm look like for them? How could it look for you?

### III. You are not a slave to work at the table for Christ. You are a Son/Daughter of the King.

Q: Out of the overflow of Marys love for Jesus, her actions followed. How does this truth of love then action apply in your life?

Q: Do you really believe that Jesus wants to spend time with you? Why or Why not?

Q: Is there something you can release in rest today to Jesus?

## Get Practical \_\_\_\_\_

It can be hard for us to find rest and restoration in Jesus. We find our worth in SO many other things other than simply being a child of God. Take time each day this week to spend five or ten minutes listening to worship songs and praying. If you need guidance on a study to start, reach out to a small group leader or pastor at your campus!