Session 7

Rest

BIG IDEA
God has designed us to need regular rhythms of rest.

OPENING QUESTION
Why do you think most people take pride in responding the question “How are you doing” with an answer of “busy”?

When was the last time you slept longer than seven hours?

GROUP DISCUSSION

- Read this passage: Genesis 2:2–3, Exodus 20:8–11, and Matthew 11:28–29. Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn’t you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience and following the way of Jesus? How should it affect the way I live?

A rule of life is a set of rhythms and restrictions we habituate that helps us connect with God and resist popular culture.

February 15
WEEKEND

Changed by Jesus
Biblical rest is rooted in an experience with God. Have you ever noticed that in the exodus passage listed of the Ten Commandments that more words are used to command rest than any of the other commandments.

Questions:
Why do you think that is the case?

Do you find it difficult to just stop and be still with nothing to do for at least five minutes?

Read: Hebrews 4:1-9. The sermon shared several points from this passage.

Rest is anchored in faith.

Question:
Why is our rest attached to faith?

Rest is a response to God’s invitation.

Question:
How do you see rest tied to our response to God?

Rest is given and not earned.

Rest is not something we do it is something we enter.

Questions:
What do you need to throw off in order to enter God’s rest?

Join the mission of Jesus

I will statement...
Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. As disciples this helps us to be changed by Jesus. Put it in the form, “I Will _____”. Make it concrete, simple, and achievable.

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