



## X-4: REST

Here are some ideas on how to start your evening off. Pick any of the following:

- Ask a discipleship question (e.g. Who are you intentionally building up in the faith?)
- Ask a question about how they are living on mission (e.g. When was the last time you shared the gospel with someone?)
- Share evidences of God's grace (There are different ways to pose this. e.g. Share how you have seen Fruit of the Spirit growth in each other)
- Invite 1-2 individuals to share their faith story (e.g. life before Jesus, encountering Jesus, how Jesus has changed them, what Jesus is doing in their life lately)

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### OPENING COMMENT

We intrinsically know that resting is an important part of human life, but we have an incredibly difficult time carving out time to meaningfully rest. Instead, we try to get a few minutes here and there between dragging the kids from one event to the next, or planning a brief vacation to "refuel". However, God's intention for rest was more intentional, more regular, more salvation focussed than most of us make it.

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### READ THE TEXT: Exodus 20:8-11

"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."



## DISCUSSION QUESTIONS

1. What kinds of thing do you intentionally do for rest?
2. Why are those things restful? Are they physically restful? Mentally restful? Spiritually refs?
3. Read Mark 2:23-28. Reflect on How Jesus reframes Sabbath in his conversation with the religious leadership. How can Jesus' understanding of Sabbath still be applied today?
4. When you reflect on Matt 11:28-29 what type of rest do you think Christ is referring to? Is this rest something you realized daily in your coming and going?
5. The idea of Sabbath was not simply Idle time of rest, but an opportunity to reflect on who God is and what he has done. Is there a regular habit of setting aside time to reflect on these things? If so, how? If not, why?
6. If you would imagine the Sabbath law being enforced today, as a strict requirement, what things would be removed from your life? How would you feel about those things being gone?
7. in reflecting on the cadence God sets in creation for 6 days of work and 1 day of rest, what potential idols do you see in your life that would inhibit you from participating in a day of rest?

## CONCLUSION

The amazing truth of Sabbath is that it is complete in Christ. The purpose of Sabbath, a time to reflect on Israel's desperate need for God in the face of the law, has been fulfilled in the person and work of Jesus. We can eternally rest in his work! Praise the Lord. Yet, God made us in His image, to reflect His nature, and show the rest of the world His character. Intentional, cross focussed, God exulting, spirit refreshing rest is one way we can honour the purpose of Sabbath and engage in the mission of God.

## SHARE & PRAY

- Pray in response to the Word you've studied and the things its caused you to share with each other about.
- Take some time to thank God for what He's been doing in your lives.
- Conclude by spending some time praying for one another, the growth in grace you want to experience, and the needs among you.

